

## Big Banana Muffins

The Bread Bible pg. 121-123

(original recipe is  $\frac{1}{3}$  this and only makes 5 large muffins)

### Ingredients

Ingredients	Measure	Weight	
	volume	oz	g
3 very ripe bananas, peeled and broken	1 $\frac{1}{2}$ c	12	340.5
sour cream or plain yogurt (i pref. yogurt)	$\frac{3}{4}$ c	~6	180
3 lg eggs	9 T = $\frac{1}{2}$ c + 1 T	4.5 oz (w/out shell)	150 g (w/out shell)
grated lemon zest OR cinnamon	3 t OR 1 t	--	6 g OR ?
pure vanilla extract	2 $\frac{1}{4}$ t	--	--
bleached cake flour or bleached all purpose flour	3 cup scant or 2 $\frac{1}{4}$ c	10.5 oz	300 g
sugar, preferably turbinado	1 C + 2 T (still good with only $\frac{1}{2}$ c)	7.8 oz	225 g
baking powder	1 $\frac{1}{2}$ t = $\frac{1}{2}$ T	--	7.2 g
baking soda	1 $\frac{1}{2}$ t = $\frac{1}{2}$ T	--	7.5 g
salt	$\frac{3}{4}$ t	--	5.1 g
unsalted butter, softened	15 T ~ 2 sticks	7.5 oz	213 g
walnuts, toasted and chopped med-fine (optional)	1 $\frac{1}{2}$ c	4.5 oz	150 g

Baking time, 15-30 minutes, depending on the size of muffin

Makes 15 large muffins, about 2 dozen regular muffins, or about 5 dozen mini muffins.

1- Preheat oven to **350 degrees**, 20 min before baking. Have an oven shelf at the middle level.  
2- In a food processor fitted with the metal blade, process the banana and yogurt until smooth. Add the egg, lemon zest (if using), and vanilla and process until blended.

3- In a mixer, combine the flour, sugar, baking powder, baking soda, and salt (and cinnamon if using) and beat on low speed (#2 if using a KitchenAid, with the paddle attachment) for about 1 minute, until well mixed.

4- Add the butter and half the banana mixture and beat until the dry ingredients are moistened. Raise the speed to medium (#4 KitchenAid) or high if using a hand-held electric mixer and beat for 1 ½ min. Scrape down the sides of the bowl. Add the remaining banana mixture in two parts, beating for about 20 sec after each addition or until well mixed.

5- On low speed, beat in the walnuts (if using).

6- Spoon or pipe the batter into the muffin containers, filling them ¾ full. Pour a little water into the unfilled muffin cup to prevent uneven baking.

7- Bake mini muffins for 12-15 min, regular for 15-18, and large muffins or mini-loaves for 25-30 min or until the muffins spring back when pressed lightly in the center. (toothpick method also works). 8x4" loaves for 40-50 min.

8- Remove the muffins from the oven and unmold them at once onto a wire rack. Turn top side up and cool until just warm or room-temp.

Store airtight at room temperature, these have just as lovely a texture and flavor the next day. The muffins can be reheated for about 4 min in a 400 degree oven.

8/25/10- Pam made a triple batch, but did it all in the food processor. It made 2 doz. reg. muffins. Didn't add nuts. They have nice texture and are very moist. Have a bit of a tang- can't decide if I like it or not. Might try yogurt instead.

9/24/10- used half sour cream and half fat free yogurt. Next time I'll do all fat-free yogurt, b/c barely noticed a change except less tangy. (no nuts)

1/1/11- tripled the recipe (all yogurt, no nuts) into mini-loaf pans. baked 30 minutes, maybe only 25 next time.

3/22/11- tripled. all yogurt, no nuts or zest. 1 T xtra butter, -2 T sugar, 1 c wheat flour. mini-muffins for 15 min.

3/22/11- tripled. all yogurt, no nuts or zest. 1 T xtra butter, 5 oz sugar. 24 reg muffins for 18 min.

10/1/11- tripled, all yogurt, no nuts or zest. 1 c wheat flour, rest all-purpose. 1 T extra butter. baked 12 regulars and 3 dozen minis for 15 minutes. next time I'll try less sugar. maybe  $\frac{3}{4}$  c?

9/21/12- 1 t cinn, otherwise same as before but 4  $\frac{3}{4}$  oz sugar. Good :)

6/6/13- doubled the recipe and baked in a loaf pan for the sun oven. used zest this time, greek yogurt instead of sour cream. i could take or leave the zest. used all whole wheat flour no nuts. i used coconut oil instead of butter. it was great! really moist.

2/20/16- I tried doubling this 3x recipe and it was too much for my food processor and overflowed. I also tried subbing in wheat flour by weight, not by volume and it was WAY WAY too little flour. don't do that.