

Banana Nut Muffins

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Ingredients:

- 1 ½ Cup all purpose flour
- 1 Cup chopped walnuts
- ½ Cup brown sugar
- 1 Tbsp baking powder
- 1 Tsp Cinnamon
- ½ Tsp Salt
- ¼ Tsp Ground nutmeg
- 2 Ripe bananas, mashed
- ¾ Cup Milk
- 5 Tbsp Melted butter
- 1 Egg

Directions:

1. Preheat oven to 400
2. Fill 12 muffin cups with paper liners. Coat each with cooking spray.
3. Mix flour, walnuts, brown sugar, baking powder, cinnamon, salt, and nutmeg in large bowl.
4. Stir in bananas, milk, butter, and egg. Mix just until blended.
5. Fill muffin cups evenly
6. Bake muffins 20-22 minutes