

# Banana Muffins

## Ingredients

- 1 1/2 cups flour, spooned and flattened
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 3 spotty bananas
- 6 tbsp melted butter
- 2/3 cups brown sugar
- 1 egg, room temperature
- 1 tsp vanilla extract
- 2 tbsp milk

## Directions

- preheat oven to 425 Fahrenheit
- Mix flour, baking soda, baking powder, salt, cinnamon, nutmeg in a bowl.
- whisk dry ingredients until mixed and set aside
- mash banana into a bowl. Add to mixer bowl.
- add melted butter, sugar, vanilla, egg, milk to the mixer bowl and mix
- add dry ingredients to the bowl and mix until combined
- spoon into 12 liners
- bake for 5 minutes at 425
- reduce heat to 350 and cook for another 16-18 minutes until a toothpick inserted in middle comes out clean

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