

Banana-Lovers' Muffins

adapted from the Kona Inn

via *Learning to Cook with Marion Cunningham* by Marion Cunningham

makes 12- 18 muffins

1/2 cup butter, softened (plus more for greasing the pans)

1 1/4 cup all-purpose flour (plus more for the pans)

5 very ripe bananas (they must be soft, otherwise they will not whip up properly)

1 teaspoon baking soda

1/2 teaspoon salt

1/2 cup sugar

2 eggs, lightly beaten

1/2 cup toasted walnuts

Preheat the oven to 350 degrees. Grease the muffin tins and dust with flour.

Peel the bananas and toss into a mixing bowl. Beat them with an electric mixer until they are smooth and creamy (a few lumps are fine). Set aside.

In a small bowl, combine the dry ingredients (flour, baking soda, salt) and whisk to combine. Add the sugar, softened butter, eggs, and walnuts to the bananas. Mix thoroughly. Add the dry ingredients to the banana mixture and stir until just combined. Pour batter into muffin tins. It is enough for 12 large muffins or 18 on the small side. (I make the smaller ones). If you are making 18 muffins (with 2 12-well muffin tins), fill the empty muffin wells halfway with water to ensure even cooking of the muffins.

Bake for 15 minutes, then stick a toothpick in the center of one muffin to check for doneness. The toothpick should come out clean. Cook for additional minutes if necessary. When done, remove from the oven. Let cool for 5 minutes on a rack, then slide a knife around the edge of each muffin to loosen. Transfer the muffins to a serving bowl or platter and serve.

These muffins freeze well.