

Banana muffins

5 April 2026

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Banana muffins with wheat bran. Yield: one tray of muffins (12 standard or 6 jumbo).

Steps

Preheat the oven to 375°F. Use a non-stick muffin pan or paper cups.

Add to a bowl and Whisk thoroughly. Stir in walnuts.

1.5 c all-purpose flour
1/2 c wheat bran
2 t baking powder
1 t ground cinnamon
1/2 t baking soda
1/4 t salt
1/8 t ground nutmeg (optional)
2/3 c chopped walnuts (optional)

Whisk together in a large bowl until mixed (lumps of banana are fine). Add the flour mixture and mix with a few light strokes. Don't overmix; the batter should not be smooth.

1 egg
3/4 c packed brown sugar
3 ripe bananas
6 T vegetable oil
1 t vanilla

Divide the batter among the muffin tin cups. Bake about 18 minutes. Let cool for 2 to 3 minutes, then remove to a rack to cool.

Notes

Substitutions Replace most or all of the vegetable oil with MCT oil, if desired.