

**Easy Banana Muffins adapted from a Taste of Home recipe**  
<https://www.tasteofhome.com/recipes/basic-banana-muffins/>  
**From Mireya Hayes**

I adapted this recipe from one I saw in Taste of Home. They used to call it "Basic Banana Muffins" instead of "Easy". Sometimes I add a little apple sauce or even diced apples. I always sprinkle with a little bit of oats. This time I added about 1 1/2 cups fresh cranberries. I buy the bags of cranberries when in season around Thanksgiving and freeze them exactly as they come in their bag. Pull out however many I need.

Makes 12 muffins

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 medium ripe bananas
- 1 large egg, room temperature
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract



1. Mash bananas in medium bowl.
2. Add egg and vanilla. Mix well and add oil. (May add apples or other options)
3. Add dry ingredients and mix by hand.
4. Put in greased muffin tins or muffin papers or silicone muffin molds.
5. Sprinkle with oats.
6. Bake at 375°F for 18-22 minutes.

**Options**

- ¼ to ½ cup uncooked oats
- Diced apples or a little applesauce
- Fresh cranberries
- Chocolate chips
- Toasted nuts
- Dried fruit
- Sweetened shredded coconut
- Spices like cinnamon or nutmeg
- Streusel topping
- Cinnamon pecan topping