

## **Banana Muffins**

### **Ingredients**

- 3 or 4 ripe bananas, mashed
- 1/3 cup melted salted butter
- 3/4-cup sugar
- 1 med. egg, beaten
- 1-teaspoon pure vanilla
- 1 tbsp espresso
- 1-teaspoon baking soda
- 1/2 tea salt
- 1 1/2 cup of flour

### **Preparation**

- Preheat the oven to 350°F. With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.
- Mix in the sugar, egg, espresso and vanilla.
- Sift in the baking soda and and the salt over the mixture and mix in.
- Sift the flour mix until it is just incorporated.
- Pour mixture into a prepared muffin tin.

### **Cooking**

- Bake for 25-30 minutes.
- Check for doneness with a toothpick inserted into the center of a muffin. If it comes out clean, it's done.
- Cool on a rack.

### **Makes - 12 muffins**

\*You may add nuts to the recipe, and it is also good with orange or lemon zest added