

Yogurt Muffins

Servings: 12

Prep Time: 2 minutes

Cook Time: 17 minutes

Time: 19 minutes

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Ingredients

- 3 large bananas, mashed
- 1/4 cup butter, softened
- 2/3 cup maple syrup
- 1/2 cup yogurt
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt

Instructions

1. Preheat the oven to 350F. Grease a 12-count muffin tin and line with muffin liners.
2. In a large mixing bowl, whisk together the bananas, butter, maple syrup, yogurt, eggs, and vanilla extract.
3. Add the flour, baking powder, baking soda, and salt and mix until just combined. Fold in any mix-ins of choice.(Chocolate Chips, Craisins, Coconut, Fruit, Nuts at a rate of 1/2 cup)
4. Distribute the batter evenly among the muffin tin.
5. Bake for 17-19 minutes, or until a skewer comes out mostly clean.
6. Let muffins cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

Notes

- Store in an airtight container at room temperature for up to 5 days.
- Refrigerate to extend freshness.
- Freeze in a ziplock bag for up to 6 months.
- For a stronger flavor substitute Yogurt for Flavored Yogurt of your choice