



# BANANA WALNUT STREUSEL MUFFINS

May 17

National Walnut Day

## INGREDIENTS

### Topping:

- ¼ Cup Flour
- ½ Cup Brown Sugar
- 1 Teaspoon Cinnamon
- ½ Cup Walnuts (finely chopped)
- 2 Tablespoons Unsalted Butter (melted)

### Muffins:

- 2½ Cups Flour
- 3 Teaspoons Baking Powder
- ¼ Teaspoon Baking Soda

- ½ Teaspoon Fine Salt
- 1 Teaspoon Cinnamon
- 3 (1½ Cups) Medium Very Ripe Bananas
- ½ Cup Extra Virgin Olive Oil
- ¼ Cups Sugar
- 2 Large Eggs
- ½ Cup Buttermilk
- 1 Tablespoon Vanilla
- ½ Cup Chopped Walnuts

## DIRECTIONS

1. Preheat the oven to 400°. Grease or spray a 12-cup muffin tin. Alternatively, use paper liners. If you want them to peel off easily, spray the liners.
2. In a bowl, combine the flour, brown sugar, walnuts, and cinnamon.
3. Add the melted butter and mix until crumbly. Set aside.
4. Whisk the flour, baking powder, baking soda, cinnamon and salt in a bowl. Set aside.
5. In a large bowl mash the bananas with a fork. It should measure 1 ½ cups.
6. Using a fork or a whisk, stir in the oil, sugar, eggs, buttermilk, and vanilla and mix until it's all combined. Add the dry ingredients and walnuts to the wet and stir. Once it's mostly incorporated, mix for 50 strokes.
7. Scoop batter into muffin pan filling to the very top.
8. Place on a baking sheet to catch any crumbs and for easy removal. Sprinkle the tops with the streusel. Bake for 25-30 minutes
9. Let cool for 5 - 10 minutes, then remove from pan and continue to cool on cooling rack.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

12 Muffins

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Muffin	¼ Muffin	¾ Muffin	1¼ Muffins