



# Banana Caramel Nut Muffins

YIELD: 12 Muffins

These hearty muffins packed with oats, pecans, and bananas are a great start to any morning. The caramel drizzle makes these already delicious muffins even more desirable.

Bake Mode

## PREPARATION METHOD

Preheat the oven to 375°F (190°C) with a rack set in the middle position. Line a 12-cup muffin pan with desired liners or spray the cups with nonstick cooking spray. Set aside.

Make the muffins: In a small bowl, stir together flour, oats, baking powder, cinnamon, and salt. Set aside.

In the mixing bowl of the stand mixer fitted with the flat beater attachment, beat bananas at medium-high (7–8) speed until mashed with some small pieces remaining, about 1 minute. Reduce the speed of the mixer to medium-low (3–4) and beat in brown sugar, butter, eggs, and vanilla extract until well blended, about 1 minute. Add the flour mixture and pulse until the flour is just combined. Divide the batter evenly between the muffin cups. Sprinkle about 1 tablespoon (7 grams) chopped pecans over the batter in each muffin cup.

Bake until a cake tester comes out clean, 20–22 minutes. Cool in the muffin pan on a wire rack for 10 minutes. Remove from the pan and let cool completely on a wire rack.

Make the caramel drizzle: In a small saucepan over medium-high heat, add granulated sugar and 3 tablespoons (45 milliliters) water, and swirl together. Without stirring, cook until the sauce is a caramel color and has thickened, 4–6 minutes. Watch carefully, as the sugar darkens quickly once it starts to caramelize. Remove from the heat, add cream, and whisk until blended. Add butter and sea salt, and whisk until blended. Using a spoon, immediately drizzle the caramel sauce over the cooled muffins. Let the muffins stand until the caramel has set.

### Pro Tip

Place overripe bananas in the freezer to save for baking. Thaw them for use in this recipe.

## INGREDIENTS

### Muffins

- 1½ cups (188 grams) all-purpose flour
  - ½ cup (45 grams) old-fashioned oats1 teaspoon (5 grams) baking powder
  - 1 teaspoon (6 grams) ground cinnamon
  - 1 teaspoon (5 grams) salt
  - 2 ripe bananas (about 10 ounces [280 grams] with peels
  - ⅔ cup (147 grams) packed brown sugar
  - ½ cup (113 grams) unsalted butter, melted
  - 2 large eggs (100 grams)
  - 1 teaspoon (4 milliliters) vanilla extract1 cup (113 grams) chopped pecans
- ### Caramel Drizzle
- ½ cup (100 grams) granulated sugar
  - 3 tablespoons (45 milliliters) water
  - 2 tablespoons (30 milliliters) heavy cream
  - 2 tablespoons (28 grams) unsalted butter
  - ¼ teaspoon sea salt