

Banana Pecan Muffins

Makes 12

- 160g (1 cup) pecan halves
- 250g (2 cups*) all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ teaspoon salt
- 360g (3 large) overripe bananas
- 150g (¾ cup) soft brown sugar
- 120g (½ cup) natural yogurt (or use sour cream or buttermilk)
- 113g (½ cup) butter, melted
- 2 large eggs
- 2 teaspoons vanilla extract

TOPPING (OPTIONAL)

- 12 pecan halves
- 12 banana slices
- Turbinado sugar

Method

1. Preheat oven to 425°F (220°C) and grease or line a muffin tin with 12 paper liners.
2. Chop the pecans into small pieces. Heat a dry, non-stick pan over medium heat. Once the pan is hot, add the pecans and spread them in a single layer.
3. Stir the pecans frequently to prevent burning, and toast them for 3-5 minutes or until they are fragrant.
4. Remove the pecans from the heat and transfer them to a bowl to cool down. After they're cooled, chop them into smaller pieces.
5. Whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, and salt in a small bowl. Set aside.
6. Mash the bananas in a large mixing bowl.
7. Add the melted butter, eggs, brown sugar, yogurt, and vanilla extract to the mashed bananas and mix well until combined.

8. Add in the dry ingredients. Use a rubber spatula to fold the muffin batter together until nearly combined. Add in the pecans and fold until everything is combined. Take care not to over-mix it.
9. Use a cookie scoop to spoon batter into the prepared muffin pan, filling them to the top.
10. Add a piece of sliced banana and a pecan half on top of each muffin, pressing them in slightly. Sprinkle with turbinado sugar.
11. Bake the muffins for 5 minutes in the preheated oven at 425°F (220°C), then lower the oven heat to 350°F (180°C) and continue baking for 16-18 minutes until golden brown and a cake tester inserted into the center of a muffin comes out clean. The total time will depend on your oven.
12. Let the muffins cool in the pan for 5 minutes, then remove them and place them on a wire rack to cool further to room temperature.

*Cup sizes given are US-sized cups. Note that these are smaller than metric cups. For best results, use grams.