

Idiot's Kitchen Recipe – Strawberry Banana Muffins (or Bread)

Recipe from www.idiotskitchen.com



Ingredients:

½ cup (1 stick) butter, softened at room temperature
1 cup sugar
2 eggs
1 teaspoon vanilla
2 ripe bananas, mashed
2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
2 cups fresh strawberries, chopped into small, ½ inch pieces

Preheat the oven to 375 degrees.

In a large bowl or bowl of a mixer, combine 1 stick of softened, room temperature butter with 1 cup sugar. Blend or cream on medium speed until pale yellow, light, and fluffy. Add 2 eggs and 1 teaspoon vanilla and stir to combine. Smash 2 ripe bananas, add them to the bowl, and stir to combine.

In a separate medium sized bowl, sift together 2 cups flour, 1 teaspoon baking powder, 1 teaspoon baking soda, and ½ teaspoon salt. With the mixer on the lowest speed, slowly add the dry ingredients, mixing only until the flour has been incorporated. Do not over mix. Save a little bit of flour in the bottom of your bowl to toss with the strawberries.

Rinse and thoroughly dry 2 cups of fresh strawberries. Remove the stems and chop the berries into very small, ½ inch pieces. You want to be sure the strawberry pieces are small or they will make the inside of the muffins mushy. Toss the strawberries in the reserved flour and the carefully fold them into the batter, using a spatula so that they don't break apart.

Line a muffin pan with paper liners OR grease and flour the muffin tins OR grease and flour bread pans. Fill the muffin cups almost to the top (at least ¾ full) of batter. Sprinkle the top of each muffin (optional) with a little sugar for a sweet topping. Bake at 375 degrees for 20 minutes until golden brown and a toothpick inserted into the center comes out mostly clean with only a few crumbs. (Bread will need 45-60 minutes, depending on the size of your pans.)

Cool in the pan for a few minutes so the muffins hold their shape and then move to a wire rack to cool completely.

Makes 12 muffins.

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