Idiot's Kitchen Recipe – Banana Oatmeal Muffins

Recipe from

Ingredients:

3 Cups Flour
1 Tablespoon Baking Powder
1 teaspoon Baking Soda
1 teaspoon Salt
½ Cup Sugar
½ Cup Brown Sugar, lightly packed
1 ½ Cups Old Fashioned Oats (quick cooking oats are also fine but do not use instant)
1 ½ cups Vanilla Yogurt (or if using plain yogurt also add ½ teaspoon vanilla extract)
 2 Eggs
1 Stick (½ cup) Butter, melted
1 ½ Cups Mashed Ripe Bananas (about 3 bananas)

Preheat the oven to 375 degrees.

Melt the butter and allow it to cool slightly. In a large mixing bowl, using a sifter or large strainer, sift together 3 Cups Flour, 1 Tablespoon Baking Powder, and 1 teaspoon Baking Soda. Sifting is important to thoroughly combine the leavening ingredients with the other dry ingredients. Add ½ cup Sugar, ½ cup Brown Sugar, 1 teaspoon salt, and stir to combine. Stir in 1 ½ cups Old Fashioned Oats.

In a separate bowl, whisk 1 ½ cups vanilla yogurt and 2 eggs. Make a well in the middle of the dry ingredients and pour in the yogurt and egg mixture. Stir a few times only until about half way combined then add the melted butter. Mash 3 very ripe bananas add them to the batter. Stir a few more times but only until the flour has been incorporated. The batter should still be quite lumpy. Do not over stir.

Grease or spray muffin tins and fill ¾ full. Top each muffin with a few more bits of oatmeal. Bake at 375 degrees for 20 minutes until golden brown and a toothpick inserted into the center of the muffins comes out clean and not sticky.

Cool in the pans for 5 minutes to keep muffin shape and then cool on baking racks -- although they are best served warm with lots of butter.

Makes 18 muffins. Extra muffins can be frozen, or you can save the batter for a week in the refrigerator and bake fresh muffins.