

One Banana Small-batch Banana Muffins

1 large very ripe banana
50g granulated sugar
1 egg
1 tablespoon and 2 teaspoons vegetable oil
60g) all-purpose flour
½ teaspoon baking powder
¼ teaspoon baking soda
⅛ teaspoon salt
⅛ teaspoon cinnamon
Pinch of nutmeg
50g chopped walnuts or chocolate chips (optional)

Preheat oven to 150°F and line a muffin pan with liners (or grease).

In a medium bowl, completely mash banana with a potato masher or fork. Add sugar, egg white, and oil. Stir with a spoon until just combined (mixture will still be lumpy).

Add flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Stir until just combined. If desired, stir in optional chocolate chips.

Divide mixture between the prepared muffin cups, filling each about 2/3 of the way full. The mixture will fill between 4 and 6 cups. Bake for 18 to 25 minutes, until a toothpick inserted into the centre of the muffins comes out mostly clean and the tops of the muffins begin to turn golden.

Cool in the pan until cool enough to handle before transferring to a cooling rack to cool completely.