

## Understudied Orange-Spice Banana Muffins

### Ingredients

2 cups all-purpose flour  
3/4 cup sugar  
3/4 tsp baking soda  
1/2 tsp salt  
1 1/4 cups walnuts, toasted and chopped  
1 tsp ground cinnamon  
1/4 tsp fresh ground nutmeg  
2 tbsp orange zest  
3 ripe bananas, mashed  
1/4 cup plain yogurt  
2 large eggs, lightly beaten  
6 tbsp unsalted butter, melted  
1 tsp vanilla extract



### Directions

Heat oven to 350 F.

In a large mixing bowl, sift together the flour, sugar, baking soda, salt, cinnamon, nutmeg and orange zest. Stir in walnuts to coat them in the flour mixture.

In a medium bowl, stir together the bananas, yogurt, beaten eggs, cooled butter and vanilla extract.

Working gently, fold the banana mixture into the dry ingredients, just until completely mixed. The batter will be very thick and lumpy.

Scoop batter into prepared muffin tins (silpat or paper lined). It will make 12-15 muffins.

Bake for approximately 10-15 minutes, until muffins are golden brown and baked through the center.