

Healthy Apple Banana Muffins

Prep: 10 minutes • Cook: 20–25 minutes

Fluffy, lightly sweetened muffins studded with juicy diced apples and enriched by the cozy flavors of ripe banana, dark brown sugar, vanilla, and warm cinnamon. Tender and wholesome with a moist crumb from Greek yogurt and butter.

Ingredients

- 2 cups apples (diced)
- 1/2 cup unsalted butter (melted)
- 1 cup dark brown sugar
- 2 bananas (about 1 1/3 cups) bananas (ripe, mashed)
- 2 eggs (large)
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon

Instructions

1. Dice the apples and set aside. Preheat the oven to 350°F and grease or line muffin tins.
 2. Melt the butter (microwave or stovetop) and add it to a stand mixer bowl fitted with a paddle, or a large bowl if using a hand mixer.
 3. Add the brown sugar to the melted butter and mix for 2–3 minutes.
 4. Pause the mixer and add mashed bananas, eggs, Greek yogurt, milk, and vanilla; mix well.
 5. In a separate bowl, whisk together flour, baking soda, baking powder, cinnamon, and salt.
 6. Add the dry ingredients to the wet ingredients in thirds, mixing gently and just until combined after each addition; do not over mix.
 7. Fold in the diced apples with a spatula.
 8. Portion the batter evenly into the muffin cups (an ice cream scoop works well).
 9. Bake 20–25 minutes, or until a toothpick inserted in the center comes out clean.
 10. Cool the muffins in the tin on a wire rack for a few minutes before serving. Best served warm.
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Tags: Breakfast, Muffins, Apple, Banana, Kid Friendly, Make Ahead

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