

Peanut Butter Banana Muffins

ピーナッツバターバナナマフィン

Yield: 12 muffins | Oven: 180°C

Ingredients

- 240 g very ripe bananas (バナナ)
 - 130 g natural peanut butter (ピーナッツバター)
 - 70 g honey (はちみつ)
 - 1 large egg (卵)
 - 120 g Greek yogurt (ギリシャヨーグルト)
 - 1 tsp vanilla
-
- 100 g rolled oats (オートミール)
 - 150 g all-purpose flour (薄力粉)
 - 1 tsp cinnamon
 - 8 g baking powder
 - ½ tsp baking soda
 - ¼ tsp salt + pinch MSG (塩+MSG)
-
- 1 T / 14 g canola oil (キャノーラ油)
 - 50 g walnuts (くるみ)
 - Optional: 50 g 65% chocolate, chopped (チョコレート)



Instructions

1. Preheat oven to **180°C**. Spray or line muffin pan and lightly oil liners.
2. Mash **bananas** until mostly smooth.
3. Add **peanut butter** and **honey**; whisk until combined.
4. Add **egg**, **yogurt**, **vanilla**, and **oil**; whisk until smooth.
5. Add **dry ingredients**; fold gently until just combined. Do not overmix.
6. Fold in walnuts. (Optional: add chocolate pieces.)
7. If batter is too thick, add 1–2 T milk.
8. Divide into 12 muffin cups (about 70 g each).
9. Bake **18–22 minutes**. Check at 18 minutes.
10. **Rest 10 minutes**, then transfer to rack.

Notes

- Batter should be thick but scoopable.
- Do not overmix; muffins can become dense.
- Walnuts improve texture and omega-3 content.
- Chocolate creates a softer, richer crumb.
- Slight underbaking is better than overbaking.

Nutrition – Walnuts Only

Per muffin: Kcal: 210 | Protein: 6 g | Fat: 11 g | Sat Fat: 2 g | Carbs: 22 g |
Sugars: 10 g | Fiber: 3 g | Sodium: 180 mg | Omega-3: 0.6 g

Total batch: Kcal: 2520 | Protein: 72 g | Fat: 132 g | Carbs: 264 g | Fiber: 36 g |
Sodium: 2160 mg | Omega-3: 7.2 g

Nutrition – Walnuts + Chocolate

Per muffin: Kcal: 225 | Protein: 6 g | Fat: 13 g | Sat Fat: 4 g | Carbs: 23 g |
Sugars: 12 g | Fiber: 3 g | Sodium: 180 mg | Omega-3: 0.5 g

Total batch: Kcal: 2700 | Protein: 72 g | Fat: 156 g | Carbs: 276 g | Fiber: 36 g |
Sodium: 2160 mg | Omega-3: 6.0 g