

Eggless Maple and Banana Muffins

Ingredients

2 cups (280 g) all-purpose flour
3 teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon salt
1 cup (240 ml) milk (at room temperature)
1 tablespoon apple cider vinegar
½ cup (115 g) unsalted butter, softened
¾ cup (180 ml) pure maple syrup
1 ripe banana, mashed (about 90 g)
1 teaspoon pure vanilla extract

Instructions

1. Preheat the oven to 350F (180C). Using baking spray, generously grease one muffin tray (makes 12 muffins).
2. In a large bowl, whisk together flour, baking powder, baking soda, and salt. Put aside.
3. In a mixing bowl or jug, combine milk and vinegar. Let the mixture stand at room temperature for 5-10 minutes. When it is ready, the milk will be slightly thickened. You should be able to see small curdled pieces. Set aside.
4. In a large bowl, beat butter until creamy on medium-high speed. Do this for about 3 minutes. Scrape down the sides of the bowl with a rubber spatula if needed. Next, add maple syrup, mashed banana and vanilla. Beat until combined.
5. With the speed on low, add half of the flour mixture. Scrape down the mixing bowl with a spatula and turn the batter over several times to ensure all of the ingredients are well mixed. Add milk mixture – continue beating to mix. Add the remaining flour and beat until just until combined. Do not overmix.
6. Pour the cake mixture into the muffin tray. Be careful not overfill the muffin tray. Bake until a skewer comes out clean when poked in the center. Baking times may vary but these muffins should take 20-25 minutes. The muffins are done when a toothpick inserted in the center comes out clean.
7. Allow muffins to cool before serving.