

Hearty Banana Muffins with Vanilla or Maple Glaze

Recipe By Maily Heller



Cooking and Prep:  35
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Serves:  12

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

Source: KosherScoop.com

Sweet, yet filling, these muffins are a great breakfast or snack option. Bananas and chocolate chips are a natural pair, and the vanilla or maple glaze adds a nice twist.

Ingredients (17)

Muffins

- 1/2 cup oil
- 3/4 cup sugar
- 1 egg
- 1 and 1/2 cups all-purpose flour (may be substituted with [Shibolim Whole Wheat Flour](#) or other whole wheat baking flour)
- 1 teaspoon [Haddar Baking Powder](#)

1 teaspoon Gefen Vanilla Extract

1/2 teaspoon salt

2 ripe bananas, mashed

1 teaspoon baking soda

1 teaspoon boiling water

2 cups Glicks Chocolate Chips

1/2 cup chopped walnuts (*optional*)

Glaze

3/4 cup confectioner's sugar

1/2 teaspoon Gefen Vanilla Extract or maple extract

1 and 1/2 tablespoons boiling water

2 tablespoons canola oil

pinch of salt

Start Cooking

Prepare the Muffins

1. Preheat the oven to 375 degrees Fahrenheit.
2. In one bowl, cream together the first seven ingredients in the order listed.
3. In a separate bowl, mash the two ripe bananas and mix in baking soda dissolved in one teaspoon boiling water.
4. Add the banana mixture to the first bowl and cream together.
5. Add the chocolate chips and chopped walnuts (if using), and mix by hand.
6. Thoroughly grease a muffin tin and fill the molds about three-quarters of the way. Be aware that these muffins do grow while baking.
- 7.

Bake the muffins at 375 degrees Fahrenheit, and check after 17 minutes. The edges will be slightly browned when the muffins are ready.

8. Remove from the oven, and allow muffins to cool completely before glazing.

Prepare the Glaze

1. In a small bowl, place the ingredients in the order listed.
2. With a fork, whisk the ingredients thoroughly to create a medium consistency.
3. When the muffins are completely cooled, lightly dip their tops into the bowl of glaze and place them upright on a plate to dry. Allow the glaze to drip over the edges of the muffins for a nice effect.