

Banana Muffins

- 1/2 cup butter, room temperature
- 1 cup granulated sugar
- 2 large eggs
- 2 large bananas, ripe, mashed
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup sour milk or buttermilk
- 1/2 cup chopped pecans or walnuts, optional

Grease 12 muffin cups or line with paper muffin liners.

Cream butter and sugar with an electric hand-held mixer until light and fluffy. Beat in eggs, one at a time, beating after each addition. Add bananas and vanilla and beat until smooth.

Mix together the flour, salt, baking powder, and baking soda. Stir flour mixture into butter mixture, alternating with the sour milk or buttermilk. Stir just until dry ingredients are moistened; gently stir in chopped nuts.

Spoon banana muffin batter into prepared muffin cups or liners, filling about 2/3 full. Bake at 400° for about 15 to 18 minutes, or until tops are lightly browned. Cool banana muffins in pan on rack for a few minutes; turn banana muffins out onto rack to cool longer. Serve banana muffins warm.

Makes 12 banana muffins.