

# Cleo Coyle's Banana-Walnut Muffins with Sweet Crunchy Tops

Recipe (c) 2009 by Alice Alfonsi who writes as  
Cleo Coyle with her husband Marc Cerasini

I ♥ muffins! In my 5<sup>th</sup> *Coffeehouse Mystery*, *Decaffeinated Corpse*, Clare Cosi bakes a batch of Cappuccino Muffins for a coffee farming friend of her ex-husband's. That recipe was a decadent one, calling for chocolate chips, orange zest, and a frothy sweet frosting. (You can find it in the back of the published book.) *This* muffin recipe features the fresh-baked flavors of cinnamon, banana, and brown sugar—and it makes great use of your overripe bananas, too!

—Cleo Coyle



"Sweet, warm, banana-y goodness from the oven. Yum."

**Servings:** Makes 12 muffins

## Ingredients:

1-1/4 cups sugar	1/2 teaspoon cinnamon
1/3 cup oil (I use canola)	1/2 teaspoon nutmeg
3 bananas (well ripened)	2-1/4 cups flour (sifted)
2 large eggs	1 teaspoon baking powder
2 teaspoons vanilla	1/2 teaspoon baking soda
1/2 teaspoon salt	1/2 cup chopped walnuts

Line muffin pans with paper liners. Dump into a bowl: the sugar, oil, 2 of the ripe bananas (just slice into bowl), eggs, vanilla, salt, cinnamon, and nutmeg. Beat the assembled ingredients with an electric mixer until smooth, about two minutes. Now add the flour, baking powder, and baking soda to batter. Mix with electric mixer until batter is smooth (don't over mix). With spoon or spatula, fold in chopped nuts. With a fork, mash up final ripe banana and fold in also.

Fill your muffin tins with batter. You can either fill them 3/4 full OR you can fill them all the way to the top (that's what I do). Note, however, that I spray the tops of my muffin pans with nonstick cooking spray. That way, when my muffins bake over the top of my pan, giving me big, lovely muffin tops, they won't stick to the top of the pan! Now let muffin batter sit in pan, allowing flavors to blend while you make the topping.

## Sweet Crunchy Topping

### Ingredients:

4 tablespoons butter  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 cup chopped walnuts  
3 tablespoons flour  
\*1 cup Brownulated light brown sugar (I use Domino Brownulated.)

Melt in a saucepan 4 tablespoons butter. Stir in cinnamon, nutmeg, chopped walnuts, flour, and Brownulated light brown sugar. The crunchy topping will be lumpy and that's okay.

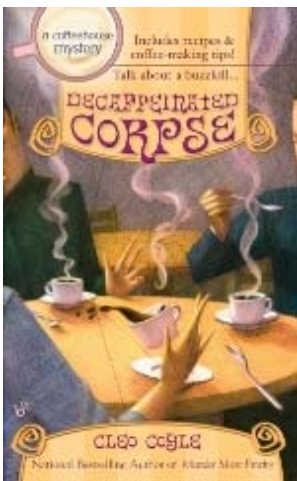


Spoon topping over muffin batter in pans (see photo). Bake at 350 degrees Fahrenheit for 25 to 35 minutes. Ovens vary so make note of what works for you. Bake until a knife inserted comes out clean.



**CLEO NOTE:** Do not substitute dark brown sugar in this recipe. The Brownulated sugar has less moisture and will give you the perfect crumbly texture, nice and light, letting the muffins rise.

*Eat with Joy!*



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