



Long Livo

Banana Bread Brownies Recipe

15 min

Prep time

12

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 3 very ripe bananas, mashed
- ☐ 1/2 cup unsalted butter, melted
- ☐ 1 cup brown sugar
- ☐ 2 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 1/2 cup unsweetened cocoa powder

- ☐ 1 cup all-purpose flour

- ☐ 1 tsp baking soda

- ☐ 1/2 tsp salt

- ☐ 1 tbsp lemon juice

Optional Add-Ins

- ☐ 1/2 cup chopped walnuts

- ☐ 1/2 cup dark chocolate chips

Instructions

- 1 Preheat the oven to 350°F (175°C). Line a 9×13 inch baking pan with parchment paper.
- 2 In a large bowl, whisk together melted butter, mashed bananas, brown sugar, eggs, and vanilla until smooth.
- 3 Sift in cocoa powder, flour, baking soda, and salt. Add lemon juice. Gently fold until just combined; the batter will be thick.
- 4 Stir in walnuts or chocolate chips if using, then spread the batter evenly in the prepared pan.
- 5 Bake for 22-25 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
- 6 Allow to cool in the pan for 10 minutes, then lift out using the parchment and cut into squares.

Nutrition per serving

210 kcal

Calories

3 g

Protein

30 g

Carbs

9 g

Fat

Tips & notes

- If the batter looks too thick, a splash of milk can loosen it without changing the flavor.
- For extra shine, brush the tops with a light glaze of melted chocolate after cooling.
- These brownies freeze well; wrap individually for quick snack portions.