



Long Livo

Banana Bread – Simple Moist Recipe

15 min

Prep time

8

Servings

45 min

Cook time

Easy

Difficulty

1 h

Total time

American

Cuisine

Ingredients

Batter

- ☐ 3 ripe bananas, mashed
- ☐ 1/3 cup melted butter
- ☐ 1 cup brown sugar
- ☐ 1 egg, beaten
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp lemon juice

- ☐ 1 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1 1/2 cups all-purpose flour

Optional Add-ins

- ☐ 1/2 cup chopped walnuts
- ☐ 1/2 cup chocolate chips
- ☐ 1 tsp ground cinnamon

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan.
- 2 In a large bowl, mash the bananas with a fork until smooth; stir in melted butter.
- 3 Add sugar, egg, vanilla, and lemon juice; mix gently.
- 4 Sprinkle baking soda and salt over the mixture, then fold in the flour just until combined.
- 5 If using, fold in nuts or chocolate chips and sprinkle cinnamon on top. Pour batter into the pan.
- 6 Bake for 45-50 minutes, or until a toothpick inserted in the center comes out with only a few moist crumbs.

Nutrition per serving

210 kcal

Calories

3 g

Protein

32 g

Carbs

8 g

Fat

Tips & notes

- Check the loaf at 40 minutes; ovens can vary.
- Let the bread cool in the pan for 10 minutes before removing.
- A light dusting of powdered sugar adds a sweet finish.