



Long Livo

Best Banana Bread Recipe – Moist & Delicious

15 min
Prep time

8
Servings

45 min
Cook time

Easy
Difficulty

1 h
Total time
American
Cuisine

Ingredients

Wet Ingredients

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

Dry Ingredients

- ☐ 1 ½ cups all-purpose flour
- ☐ 1 tsp baking soda
- ☐ ½ tsp salt
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp lemon zest

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan or line it with parchment.
- 2 In a large bowl, combine mashed bananas, melted butter, and brown sugar; stir until smooth.
- 3 Add eggs and vanilla; mix gently. Then stir in lemon zest and cinnamon.
- 4 Sift flour, baking soda, and salt together; fold into the wet mixture just until incorporated.
- 5 Pour batter into the prepared pan, sprinkle a pinch of extra cinnamon on top, and bake for 45-50 minutes until a toothpick comes out clean.

Nutrition per serving

210 kcal
Calories

3 g
Protein

30 g
Carbs

9 g
Fat

Tips & notes

- If you prefer extra sweetness, drizzle a light glaze while the bread is still warm.
- For a burst of texture, add a handful of toasted walnuts before baking.
- Allow the loaf to rest for 10 minutes; this helps the crumb set and slice neatly.