



Long Livo

Cinnamon Swirled Banana Bread

15 min

Prep time

8

Servings

45 min

Cook time

Easy

Difficulty

1 h

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ 1 ½ cups all-purpose flour
- ☐ ½ cup brown sugar
- ☐ ¼ cup melted butter, cooled
- ☐ 2 large eggs, room temperature

- ☐ 1 tsp vanilla extract
- ☐ ½ tsp baking soda
- ☐ ¼ tsp salt

Cinnamon Swirl

- ☐ ¼ cup brown sugar
- ☐ 1 tsp ground cinnamon
- ☐ 1 tbsp melted butter

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and line with parchment.
- 2 In a bowl, combine mashed bananas, melted butter, and vanilla; stir until smooth.
- 3 Whisk together flour, brown sugar, baking soda, and salt in a separate bowl.
- 4 Add eggs to the banana mixture, beat lightly, then fold in the dry ingredients just until combined.
- 5 For the swirl, mix brown sugar, cinnamon, and butter until crumbly. Spoon half into the batter, swirl with a knife, then add the rest of the batter and repeat.
- 6 Pour the batter into the prepared pan, smooth the top, and bake for 45-50 minutes, or until a toothpick comes out clean.
- 7 Allow the loaf to cool in the pan 10 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal

Calories

4 g

Protein

32 g

Carbs

8 g

Fat

Tips & notes

- If bananas are very ripe, you may add a tablespoon of flour to balance moisture.
- Use a light hand when swirling to avoid dense pockets.
- For extra caramel flavor, sprinkle a thin layer of brown sugar on top before baking.