



Long Livo

Classic Moist Banana Bread Recipe

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
- ☐ 1/3 cup melted butter
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar
- ☐ 1 egg, beaten
- ☐ 1 teaspoon lemon juice
- ☐ 1 teaspoon baking soda
- ☐ 1/2 teaspoon salt
- ☐ 1 1/2 cups all-purpose flour
- ☐ 1/2 cup chopped walnuts (optional)

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and line with parchment paper.
- 2 In a large bowl, mash the bananas until smooth, then stir in the melted butter.
- 3 Add sugar, beaten egg, vanilla, and lemon juice; mix gently until combined.
- 4 Sprinkle baking soda and salt over the mixture, then fold in the flour just until no streaks remain.
- 5 If using, fold in the walnuts; pour batter into the prepared pan and smooth the top.
- 6 Bake for 45-55 minutes, or until a toothpick inserted in the center comes out with only a few moist crumbs.
- 7 Allow the bread to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

Nutrition per serving

210 kcal

Calories

3 g

Protein

32 g

Carbs

8 g

Fat

Tips & notes

- For extra flavor, toast the walnuts lightly before adding.
- Do not over-mix; the batter should be a little lumpy.
- If you prefer a sweeter loaf, increase brown sugar by 1/4 cup.