



Long Livo

Foolproof Banana Bread Recipe

15 min

Prep time

8

Servings

35 min

Cook time

Easy

Difficulty

50 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ 1/2 cup unsalted butter, melted
- ☐ 1 cup brown sugar
- ☐ 2 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 1 1/2 cups all-purpose flour

- ☐ 1 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1 tsp ground cinnamon
- ☐ 1 tbsp lemon juice

Optional Add-ins

- ☐ 1/2 cup chopped walnuts or pecans
- ☐ 1/2 cup chocolate chips

Instructions

- 1** Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and line with parchment.
- 2** In a large bowl, mash the bananas until smooth, then stir in the melted butter.
- 3** Add brown sugar, eggs, vanilla, and lemon juice; whisk gently until combined.
- 4** In a separate bowl, whisk flour, baking soda, salt, and cinnamon. Fold the dry mix into the wet batter just until no streaks remain.
- 5** If using, fold in walnuts or chocolate chips, then pour the batter into the prepared pan.
- 6** Bake for 55-60 minutes, or until a toothpick inserted in the center comes out clean. Let cool 10 minutes in the pan, then transfer to a rack.

Nutrition per serving

210 kcal

Calories

3 g

Protein

30 g

Carbs

9 g

Fat

Tips & notes

- Check the simple moist banana bread a few minutes before the timer; ovens vary.
- For extra caramel flavor, sprinkle a thin layer of brown sugar on top before baking.
- To make mini loaves, divide batter among muffin tins and reduce bake time by 10 minutes.