



Long Livo

Gluten-Free Banana Bread – Moist & Delicious

15 min

Prep time

8

Servings

45 min

Cook time

Easy

Difficulty

1 h

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups gluten-free all-purpose flour blend
- ☐ 1 tsp baking soda
- ☐ ½ tsp salt
- ☐ ½ cup unsalted butter, melted
- ☐ ½ cup maple syrup
- ☐ 2 large ripe bananas, mashed
- ☐ ½ cup Greek yogurt
- ☐ 2 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp ground cinnamon
- ☐ 1 tbsp lemon zest

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan with butter or line with parchment.
- 2 In a large bowl whisk together the flour, baking soda, salt, and cinnamon; set aside.
- 3 In another bowl, combine melted butter, maple syrup, mashed bananas, yogurt, eggs, and vanilla. I love watching the mixture turn glossy—honestly, it smells amazing.
- 4 Fold the wet mixture into the dry ingredients just until no flour streaks remain; stir in the lemon zest.
- 5 Pour batter into the prepared pan, smooth the top, and sprinkle a pinch of extra cinnamon if you like.
- 6 Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean. If it browns too fast, tent with foil.
- 7 Let the loaf cool in the pan for 10 minutes, then turn out onto a wire rack. Slice and enjoy warm or at room temperature.

Nutrition per serving

210 kcal

Calories

4 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- If the batter looks a little thick, add a tablespoon of almond milk.
- For extra banana flavor, swirl in a spoonful of banana puree just before baking.
- The loaf keeps best wrapped in a tea towel to retain moisture.