



Long Livo

Moist Chocolate Chip Banana Bread

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Main Ingredients

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

- ☐ 1 1/2 cups all-purpose flour
- ☐ 1 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1 cup chocolate chips

Optional Add-ins

- ☐ 1/2 cup chopped walnuts
- ☐ 1 tsp cinnamon for warm spice

Instructions

- 1** Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan; the gentle heat will coax the batter into a golden crust.
- 2** In a large bowl, whisk together melted butter and sugar until the mixture shimmers, then stir in the mashed bananas.
- 3** Add eggs one at a time, beating lightly, and mix in vanilla; the batter should look glossy and fragrant.
- 4** Sift flour, baking soda, and salt; fold into the wet mixture just until combined, then gently stir in chocolate chips.
- 5** Pour batter into the prepared pan, smooth the top, and bake for 55-60 minutes, or until a toothpick inserted near the center comes out clean. For a high protein boost, you can stir in a scoop of whey protein before baking.

Nutrition per serving

320 kcal

Calories

5 g

Protein

45 g

Carbs

12 g

Fat

Tips & notes

- If the top browns too quickly, cover loosely with foil; see also the best banana guide for perfect color.
- Allow the loaf to cool in the pan for 10 minutes before transferring; this helps retain moisture.
- For extra decadence, drizzle a light glaze of melted chocolate after cooling.