Plate Dream

Banana Bread Brownies – Moist Sweet Twist

Banana bread brownies combine banana sweetness with chocolate's indulgence into a moist, fudgy bar.

15 min	25 min	40 min	12	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 cup unsweetened cocoa powder
- [ ] 1 cup brown sugar
- [ ] 2 large ripe bananas, mashed
- [ ] 1/2 cup melted butter
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp salt
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp honey (optional)

Optional Mix-Ins

- [ ] 1/2 cup chopped walnuts
- [ ] 1/2 cup chocolate chips

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×13-inch baking pan and line with parchment.
2. In a large bowl, whisk together flour, cocoa, baking soda, and salt; set aside.
3. In another bowl, combine melted butter, brown sugar, and honey. Beat in eggs one at a time, then stir in mashed bananas, vanilla, and lemon juice.
4. Fold the wet mixture into the dry ingredients just until incorporated. If using, gently stir in nuts or chocolate chips.
5. Pour the batter into the prepared pan, spreading evenly. For an extra touch, sprinkle a pinch of sea salt on top.
6. Bake for 20-25 minutes, or until a toothpick inserted near the center comes out with a few moist crumbs. Oh, and if you're curious about a richer version, peek at brownie cookies.
7. Allow the brownies to cool in the pan for 10 minutes, then lift out using the parchment and cut into squares.

Nutrition per serving

320 kcal	5 g	42 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks too thick, add a splash of milk or plant-based milk to loosen.
- For a deeper banana flavor, let the mashed bananas sit for 10 minutes before mixing.
- A light dusting of powdered sugar adds a gentle finish without overwhelming the taste.