

Plate Dream

Best Banana Bread Recipe

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 2 cups all-purpose flour
- [ ] ½ cup brown sugar
- [ ] ¼ cup melted unsalted butter
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] ¼ tsp salt
- [ ] Zest of one lemon

Optional Add-ins

- [ ] ½ cup chopped walnuts
- [ ] ½ cup chocolate chips
- [ ] 1 tbsp honey (for a touch more sweetness)

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and set aside.
2. In a large bowl, whisk together the melted butter, brown sugar, and vanilla until smooth; then beat in the eggs one at a time.
3. Stir in the mashed bananas, lemon zest, and cinnamon; mix just until combined.
4. Sift the flour and salt into the wet mixture; gently fold with a spatula, leaving a few streaks.
5. If using, fold in walnuts or chocolate chips, then pour the batter into the prepared pan and bake for 45-50 minutes, or until a toothpick comes out with a few moist crumbs.

Nutrition per serving

210 kcal	4 g	32 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix; over-mixing can create a dense loaf.
- If the top browns too quickly, tent with foil midway through baking.
- Let the bread cool in the pan for 10 minutes before transferring to a rack.