

Plate Dream

Cinnamon Roll Banana Bread Recipe

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

Ingredients

Batter

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup melted butter
- [ ] 1/2 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice
- [ ] 1 3/4 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt

Cinnamon Swirl

- [ ] 1/4 cup unsalted butter, softened
- [ ] 1/3 cup brown sugar
- [ ] 2 tsp ground cinnamon
- [ ] 1 tbsp honey

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan.
2. In a large bowl, mash the bananas, then stir in melted butter, brown sugar, eggs, vanilla, and lemon juice until smooth.
3. Whisk together flour, baking soda, and salt; gently fold into the banana mixture, being careful not to over-mix.
4. In a small bowl, combine softened butter, brown sugar, cinnamon, and honey to create a thick swirl mixture.
5. Pour half of the batter into the prepared pan, spread the cinnamon mixture over it, then top with the remaining batter. Use a knife to gently swirl the layers.
6. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean. Let the loaf cool in the pan for 10 minutes, then transfer to a wire rack.

Nutrition per serving

280 kcal	4 g	44 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a stronger cinnamon flavor, increase the cinnamon in the swirl by an additional teaspoon.
- A light sprinkle of flaky sea salt on top before baking adds a subtle contrast.
- For a glaze, drizzle a mixture of powdered sugar and a splash of milk after the loaf has cooled.