

Plate Dream

Foolproof Banana Bread

A simple, moist banana bread that’s perfect for breakfast, snack, or a quiet afternoon tea.

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

Ingredients

Main Ingredients

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

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 9×5-inch loaf pan and set aside.
2. In a large bowl, whisk together mashed bananas, melted butter, and brown sugar until smooth; the mixture will smell sweet and buttery.
3. Add eggs, vanilla, and lemon juice; stir gently, then sprinkle in baking soda—watch it fizz, a little reminder of the chemistry happening.
4. Sift flour, salt, and cinnamon together, then fold into the wet mixture just until combined. Cinnamon swirled fans will appreciate the gentle specks.
5. If using, fold in walnuts or moist chocolate chips. Pour batter into the prepared loaf pan, smoothing the top with a spatula.
6. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out with just a few moist crumbs. Let the loaf cool in the pan for 10 minutes, then turn out onto a wire rack.

Nutrition per serving

310 kcal	5 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the top browns too quickly, tent with foil during the last 15 minutes.
- For extra aroma, brush the warm loaf with a thin layer of melted butter before serving.
- A quick drizzle of honey on warm slices adds a delightful sheen.