

Plate Dream

Honey Vanilla Banana Bread

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
- [ ] 1/3 cup honey
- [ ] 1/4 cup melted butter
- [ ] 2 large eggs, room temperature
- [ ] 1 tsp vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1/4 cup brown sugar

Optional Add-ins

- [ ] 1/2 cup chopped walnuts
- [ ] 1/2 cup dark chocolate chips
- [ ] Zest of one lemon

Instructions

1. Preheat your oven to 350°F (175°C) and grease a 9×5-inch loaf pan.
2. In a large bowl, mash the bananas until smooth, then stir in honey, melted butter, and eggs; I mean, this is where the kitchen fills with a sweet aroma.
3. Add vanilla extract and mix; the scent of vanilla instantly lifts the mood.
4. In a separate bowl whisk flour, baking soda, salt, and brown sugar; gently fold the dry mix into the wet batter, being careful not to over-mix.
5. If using, fold in walnuts, chocolate chips, or lemon zest; a little extra texture is always welcome.
6. Pour the batter into the prepared pan, smooth the top, and brush with a drizzle of honey for a glossy finish.
7. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean; if the top browns too fast, cover loosely with foil.
8. Let the loaf cool in the pan for 10 minutes, then transfer to a wire rack; serve warm with butter or a dollop of vanilla pudding if you like.

Nutrition per serving

280 kcal	5 g	42 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks too thick, add a tablespoon of milk.
- For a fun twist, swirl in a bit of peanut butter before baking.
- A light dusting of powdered sugar makes a pretty presentation.