

Plate Dream

Old Fashioned Banana Bread Recipe

15 min Prep time	**55 min** Cook time	**1 h 10 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 teaspoon vanilla extract
- [ ] 1 3/4 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1/2 cup buttermilk

Optional Add-Ins

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

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan.
2. In a large bowl, cream together the softened butter and brown sugar until light and fluffy.
3. Add the eggs one at a time, then stir in the mashed bananas and vanilla extract.
4. In a separate bowl, whisk the flour, baking soda, and salt; then fold into the wet mixture along with the buttermilk, mixing just until combined.
5. If desired, gently fold in walnuts or chocolate chips; pour the batter into the prepared pan and smooth the top.
6. Bake for 55-60 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
7. Allow the loaf to cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal	3 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The bread stays moist for several days; reheat lightly for a fresh-out feel.
- If the top browns too quickly, tent with foil after 35 minutes.
- For a richer flavor, substitute half the butter with melted coconut oil.