

Plate Dream

Perfectly Sweet Moist Banana Bread

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
- [ ] 1 tsp vanilla extract
- [ ] 1 3/4 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1 tbsp lemon juice

Optional Mix-Ins

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

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan; let the scent of warm butter fill the kitchen.
2. In a large bowl, whisk melted butter with brown sugar until smooth, then stir in the eggs, one at a time, followed by vanilla and mashed bananas.
3. Sift together flour, baking soda, and salt; fold the dry mixture into the wet batter gently, adding lemon juice to brighten the flavor.
4. If desired, fold in walnuts or easy banana bread mix-ins, then pour batter into the pan and smooth the top.
5. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs; let the loaf rest 10 minutes before cooling on a rack.

Nutrition per serving

210 kcal	3 g	32 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter loaf, drizzle a thin glaze of honey and butter while the bread is still warm.
- For a spiced twist, add a pinch of cinnamon—see our cinnamon swirled banana bread version.
- Store leftovers wrapped in a kitchen towel inside a container to keep the crust from drying out.