Plate Dream

Sweet Banana Bread Blondies

Moist banana-flavored blondies, buttery and quick to bake, ideal for a sweet pick-me-up.

15 min	20 min	35 min	12	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1 cup brown sugar, packed
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup chopped walnuts (optional)

Instructions

1. Preheat the oven to 350°F (175°C). Line an 8×8-inch baking pan with parchment paper.
2. In a large bowl, cream together the softened butter and brown sugar until light and fluffy, then stir in the mashed bananas, eggs, vanilla, and lemon zest.
3. In a separate bowl, whisk the flour, baking soda, and salt; gently fold into the wet mixture until just combined. If using, fold in the walnuts.
4. Spread the batter evenly in the prepared pan, smoothing the top. Bake for 18-20 minutes, or until a toothpick inserted near the center comes out with a few moist crumbs.
5. Allow the blondies to cool in the pan for 10 minutes, then lift them out using the parchment and cut into squares.

Nutrition per serving

210 kcal	3 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Check the blondies a minute before the timer ends; they continue to bake slightly after removal.
- For extra aroma, add a pinch of ground cinnamon to the batter.
- If you prefer a sweeter bite, drizzle a thin glaze of powdered sugar mixed with milk over the cooled squares.