

Foodnity Recipes

Banana Bread Recipe – Easy Moist Loaf

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 melted butter, cooled
- [ ] 1 cup brown sugar
- [ ] 2 large eggs, beaten
- [ ] 1 teaspoon vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1/2 cup buttermilk

Optional Add-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 line with parchment.
2. In a large bowl, mash the bananas until smooth; stir in melted butter, then add brown sugar, eggs, and vanilla. easy one bowl can be a great reference for this method.
3. Sift together flour, baking soda, and salt in another bowl. Gently fold the dry mixture into the wet, alternating with buttermilk, until just combined.
4. If using, fold in walnuts or chocolate chips. Pour batter into the prepared pan, smoothing the top.
5. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean. The crust should be golden and slightly crisp.
6. Let the loaf cool in the pan for 10 minutes, then turn onto a wire rack to cool completely.

Nutrition per serving

220 kcal	3 g	33 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter loaf, increase brown sugar by 2-3 tablespoons.
- For a subtle spice note, add ½ teaspoon cinnamon to the dry ingredients.
- Storing in the freezer preserves freshness; slice before freezing for easy thawing.