

Foodnity Recipes

Easy Banana Bread Recipe

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
- [ ] 1/3 cup unsalted butter, melted
- [ ] 1 cup granulated sugar
- [ ] 1 large egg, beaten
- [ ] 1 teaspoon vanilla extract
- [ ] 1 ½ cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] ½ teaspoon salt
- [ ] ½ teaspoon ground cinnamon
- [ ] 1 teaspoon lemon zest

Optional Add-Ins

- [ ] ½ cup chopped walnuts or pecans
- [ ] ½ cup chocolate chips

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan or line it with parchment.
2. In a large bowl, mash the bananas with a fork until smooth; then stir in the melted butter.
3. Add sugar, beaten egg, and vanilla; mix until just combined. Moist banana loaf begins to take shape here.
4. In a separate bowl, whisk together flour, baking soda, salt, cinnamon, and lemon zest. Sprinkle the dry mix over the wet ingredients.
5. Gently fold the dry ingredients into the batter; stop when no streaks of flour remain. If using, fold in nuts or chocolate chips now.
6. Pour the batter into the prepared pan, smooth the top, and bake for 45-50 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.

Nutrition per serving

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

Tips & notes

- If you prefer a less sweet loaf, reduce the sugar by ¼ cup.
- For extra banana aroma, let the mashed bananas sit for 10 minutes before mixing.
- A light drizzle of honey on warm slices adds a lovely shine.