

Foodnity Recipes

Healthy Banana Bread – Best Ever Recipe

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1 1/2 cups whole-wheat flour
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1/3 cup honey
- [ ] 2 large eggs
- [ ] 1/4 cup melted coconut oil
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp salt
- [ ] 1 tsp lemon zest

Optional Add-ins

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

Instructions

1. Preheat the oven to 350°F (175°C) and lightly grease a 9-x-5-inch loaf pan or line it with parchment.
2. In a large bowl, mash the bananas until smooth, then stir in the melted coconut oil, honey, eggs, vanilla, and Greek yogurt.
3. In a separate bowl, whisk together the whole-wheat flour, baking soda, salt, cinnamon, and lemon zest.
4. Gently fold the dry ingredients into the wet mixture until just combined; avoid over-mixing.
5. If using, stir in walnuts or chocolate chips, then pour the batter into the prepared loaf pan.
6. Bake for 45-50 minutes, or until a toothpick inserted into the center comes out clean. Let cool in the pan for 10 minutes, then transfer to a wire rack.

Nutrition per serving

290 kcal	7 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the top browns too quickly, loosely cover with foil for the last 15 minutes.
- For extra moisture, substitute half the oil with an additional 1/4 cup of applesauce.
- A pinch of nutmeg can deepen the spice profile without overwhelming the banana flavor.