

Long Livo

Foolproof 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 ripe bananas, mashed
- [ ] 1/2 cup melted butter
- [ ] 1 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1 tsp ground cinnamon
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup honey (optional)
- [ ] 1/2 cup chopped walnuts (optional)

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan.
2. In a large bowl, whisk together melted butter and brown sugar until smooth; then beat in the eggs, one at a time.
3. Add mashed bananas, honey, and lemon zest; stir gently.
4. In a separate bowl, combine flour, baking soda, salt, and cinnamon; fold into the wet mixture until just incorporated.
5. If desired, fold in chopped walnuts, then pour batter into the prepared pan and sprinkle a pinch of cinnamon on top.
6. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs; let cool in pan 10 minutes before transferring to a rack.

Nutrition per serving

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

Tips & notes

- Do not overmix the batter; it keeps the crumb tender.
- For extra flavor, brush the top with melted butter while still warm.
- A dash of vanilla extract can enhance the aroma without overpowering the banana.