

Treasure Barrel

Easy One-Bowl Banana Bread Recipe: Moist & Delicious

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

Ingredients

Wet Ingredients

- [ ] 3 large very ripe bananas, mashed
- [ ] 1/2 cup (113g) unsalted butter, melted and cooled slightly
- [ ] 3/4 cup (150g) packed light brown sugar
- [ ] 1 large egg, at room temperature
- [ ] 1 teaspoon pure vanilla extract

Dry Ingredients

- [ ] 1 1/2 cups (180g) all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 1/4 teaspoon ground nutmeg
- [ ] 1/2 teaspoon salt

Optional Add-in

- [ ] 3/4 cup chopped toasted walnuts or pecans

Instructions

1. First, let's get everything ready. It's always nice to start with a calm kitchen. Preheat your oven to 350°F (175°C). Take a moment to generously grease and flour a 9x5 inch loaf pan, making sure to get into all the corners. In a large bowl, place your very ripe bananas and mash them with a fork. I like to leave a few small lumps for texture, as it adds a lovely rustic quality to the finished bread. It doesn't need to be perfectly smooth puree.

2. Now, to your bowl of mashed bananas, add the slightly cooled melted butter and the packed brown sugar. Whisk them together until the sugar starts to dissolve into the mixture. The aroma here is already so lovely. Next, crack in your room temperature egg and add the vanilla extract. Continue to whisk everything together gently until it's just combined. You'll have a beautiful, fragrant, liquid base for your bread.

3. It's time to add the dry ingredients. Sprinkle the all-purpose flour, baking soda, cinnamon, nutmeg, and salt directly over the wet ingredients in the bowl. Using a spatula, gently fold everything together. The key here is to mix only until the flour streaks disappear. Please, please don't overmix! A few little lumps are perfectly fine. Overmixing will make your bread tough, and we want a tender crumb. If you're using nuts, now is the time to gently fold them in.

4 Carefully pour the thick, lovely batter into your prepared loaf pan and use your spatula to spread it evenly. Place the pan on the center rack of your preheated oven. Let it bake for 55 to 65 minutes. Your whole house will begin to smell incredible, which is honestly one of the best parts. To check for doneness, insert a wooden skewer into the center; if it comes out clean, it’s ready. Let the loaf cool in the pan for 10 minutes before turning it out onto a wire rack to cool completely before slicing. Patience here is rewarded!

Nutrition per serving

250 kcal	4 g	38 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- **For the Ripest Bananas**: If your bananas aren't quite ripe enough, you can speed up the process! Place them on a baking sheet (still in their peels) and bake them at 300°F (150°C) for about 15-20 minutes, or until the peels are blackened and shiny. Let them cool completely before you peel and mash them. It’s a little trick that works wonders.
- **A Note on Add-ins**: While walnuts are classic, this recipe is a wonderful base for other flavors. Try adding 3/4 cup of semi-sweet chocolate chips for a decadent treat. A handful of shredded coconut can add a lovely chewiness, or a swirl of peanut butter in the batter before baking can be absolutely delicious.
- **Measuring Flour Correctly**: For the most consistent results, I always recommend spooning your flour into your measuring cup and then leveling it off with a straight edge. Scooping directly from the bag can pack the flour down, and you might accidentally add too much, which can lead to a dry loaf. It's a small detail that really elevates your baking.