

Treasure Barrel

Foolproof Banana Bread Recipe: So Good and Easy

15 min Prep time	**1 h 5 min** Cook time	**1 h 20 min** Total time
10 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Banana Bread Ingredients

- [ ] 3 very ripe large bananas, mashed well
- [ ] 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
- [ ] 1 1/2 cups (180g) all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 1/2 teaspoon salt

Instructions

1. First, let's get everything ready. It's a calming little ritual. Preheat your oven to 350°F (175°C) and grease a 9x5 inch loaf pan. In a large mixing bowl, take your three very ripe bananas and mash them with a fork. I like to leave a few tiny lumps for texture, but you can make it as smooth as you like. To this sweet, fragrant mash, pour in your slightly cooled melted butter and the brown sugar. Whisk it all together until it's combined. The aroma is already starting, isn't it?

2. Now, crack your egg right into the bowl, add the vanilla extract, and give it another good whisk until everything is smooth and incorporated. You're creating this lovely, liquid base that's full of flavor. Taking a moment to make sure everything is well-mixed here is important before we add the dry ingredients. It should look like a beautiful, caramel-colored mixture at this point. This simple process reminds me that not all great food has to be complicated; sometimes the best things, like an eggroll bowl, are incredibly straightforward.

3. Okay, time for the dry ingredients. Sprinkle the flour, baking soda, cinnamon, and salt directly over the wet mixture in the bowl. Using a spatula, gently fold everything together. Now, this is the most important part: mix only until you no longer see big streaks of flour. A few little pockets are perfectly fine. Overmixing is the enemy of a tender quick bread, so be gentle and stop as soon as it comes together. The batter will be thick and smell amazing.

4. Gently pour the batter into your prepared loaf pan and use your spatula to spread it evenly. I like to smooth the top a little. Place it in the center of your preheated oven and bake for 55 to 65 minutes. The top will get deeply golden brown, and your kitchen will smell like heaven. Test for doneness with a toothpick. Let the bread cool in the pan on a wire rack for about 15 minutes before you gently turn it out to cool completely. I know waiting is the hardest part, but it's worth it!

Nutrition per serving

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

Tips & notes

- Feel free to fold in about 3/4 cup of chopped walnuts, pecans, or chocolate chips at the end for extra texture and flavor. Just be sure to do it gently.
- For a crunchy, sparkly top, sprinkle a tablespoon of coarse turbinado sugar over the batter before baking. It adds a lovely textural contrast.
- Making kitchen staples from scratch is so rewarding, whether it's this loaf or a vibrant basil pesto. It just tastes better when it's made with care in your own kitchen.