

Treasure Barrel

Gluten Free Banana Bread: Easy Recipe For Sweet Treats

15 min Prep time	**55 min** Cook time	**1 h 10 min** Total time
10 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Banana Bread Ingredients

- [ ] 1 3/4 cups (245g) gluten-free all-purpose flour blend (with xanthan gum)
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 3 large, very ripe bananas, mashed
- [ ] 3/4 cup (150g) granulated sugar
- [ ] 1 large egg, lightly beaten
- [ ] 1/3 cup (75g) melted coconut oil, cooled
- [ ] 1 teaspoon vanilla extract

Optional Add-ins

- [ ] 1/2 cup chopped walnuts or pecans
- [ ] 1/2 cup chocolate chips

Instructions

1. First, let's get the kitchen ready. It’s like setting the stage. Go ahead and preheat your oven to 350°F (175°C). There’s something so hopeful about that quiet hum. Take your 9x5 inch loaf pan and lightly grease it, then line it with parchment paper, allowing some to hang over the sides. These little 'wings' will be your best friend later for lifting the loaf out perfectly. In a separate, smaller bowl, whisk together your gluten-free flour, baking soda, and salt. Just give it a quick stir to make sure everything is nicely acquainted.

2. Now for the heart of the recipe. In a large mixing bowl, add your beautifully overripe bananas. Using a fork or a potato masher, mash them up until they’re mostly smooth but still have a few little lumps for texture—I love that. Add the granulated sugar, the lightly beaten egg, the vanilla extract, and the cooled melted coconut oil. Whisk everything together until it’s beautifully combined and looks like a pale, fragrant puddle. This is the base of all that lovely moisture.

3. It’s time to bring it all together. Gently pour the dry ingredients from the small bowl into the large bowl with the wet ingredients. Using a rubber spatula, carefully fold the flour mixture in. Be so gentle here. The key is to mix only until the flour streaks disappear. A few lumps are totally okay! Overmixing develops a tough texture, and we are aiming for soft and tender. This is why this is such an easy banana bread, it requires a light touch, not a lot of work.

4 Pour the thick, lovely batter into your prepared loaf pan and use your spatula to smooth the top. It already looks promising, doesn't it? If you're using any add-ins, this is the moment to gently stir them in before pouring. Place it in the center of your preheated oven and bake for 50-60 minutes. Around the 50-minute mark, check it by inserting a wooden skewer or toothpick into the center. If it comes out clean or with a few moist crumbs, it’s done. Let the bread cool in the pan for about 10 minutes before using those parchment handles to lift it onto a wire rack to cool completely. I know it’s hard, but waiting is crucial!

Nutrition per serving

220 kcal	3 g	34 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Please, please don't overmix the batter. Once you add the dry ingredients, you want to use a light hand. Fold everything together gently with a spatula just until you can no longer see streaks of flour. A lumpy batter is a happy batter when it comes to quick breads, and this restraint is what will give you that coveted tender, soft crumb instead of a tough one.
- The type of gluten-free flour you use really matters. I recommend a high-quality all-purpose blend that specifically states it contains xanthan gum. Xanthan gum is crucial for providing structure and preventing the bread from being crumbly. Different blends can have slightly different results, so feel free to find a brand you love.
- Feel free to make this bread your own with add-ins! About a half cup of chopped walnuts or pecans adds a lovely crunch, and chocolate chips make it extra decadent. I especially love the combination for an easy chocolate chip banana bread. Gently fold them in at the very end, just before you pour the batter into the pan.