


Treasure Barrel

# Homemade Cinnamon Swirl Banana Bread - Perfect for Brunch

| | | |
|---|---|---|
| **20 min**<br>Prep time | **1 h**<br>Cook time | **1 h 20 min**<br>Total time |
| **10**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### For the Banana Bread

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/4 teaspoon salt
- [ ] 3 very ripe medium bananas, mashed
- [ ] 1/2 cup unsalted butter, melted
- [ ] 3/4 cup packed light brown sugar
- [ ] 1 large egg, at room temperature
- [ ] 1 teaspoon vanilla extract

### For the Cinnamon Swirl

- [ ] 1/3 cup packed light brown sugar
- [ ] 1 1/2 teaspoons ground cinnamon

## Instructions

1. First, let's set a calm mood. Preheat your oven to 350°F (175°C) and find your favorite 9x5 inch loaf pan. Grease and flour it, or line it with parchment paper, leaving a little overhang on the sides to act as handles later. This little trick makes lifting the baked loaf out so much easier. In a medium bowl, take a moment to gently whisk together the flour, baking soda, and salt. Just a light touch is needed. In another, smaller bowl, mix the 1/3 cup of brown sugar and the cinnamon for the swirl. The fragrant cloud that poofs up is just the best.

2. Now for the heart of the batter. In a large bowl, mash your very ripe bananas with a fork. I love this part—it's a bit rustic and imperfect. You want them mostly smooth, but a few small lumps are totally fine. Pour in the melted butter and whisk it all together. Then, add the 3/4 cup of brown sugar, the egg, and the vanilla extract. Whisk until everything is beautifully combined and the mixture is smooth and smells absolutely divine. It should be a lovely, pale caramel color.

3. It's time to bring everything together. Pour the wet ingredients into the bowl with the dry ingredients. Now, this is important: using a spatula, fold the ingredients together gently. You want to mix only until you no longer see dry streaks of flour. Be careful not to overmix! A few little lumps in the batter are a good thing; they promise a tender crumb. It's a gentle dance, much like when you're making the best crepe recipe; you want to be delicate.

4 Here comes the artistry. Pour half of the batter into your prepared loaf pan and smooth the top with your spatula. Sprinkle about half of your cinnamon-sugar mixture evenly over this layer. Gently spoon the remaining batter over the top, spreading it carefully to cover the cinnamon layer. Finish by sprinkling the rest of the cinnamon-sugar on top of the loaf. Pop it into the preheated oven and bake for 55 to 65 minutes. When a wooden skewer inserted into the center comes out clean, it's ready. Let it cool in the pan for 10 minutes before using the parchment handles to lift it onto a wire rack to cool completely. Patience here is key!

## Nutrition per serving

| 280 kcal | 4 g | 40 g | 12 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Please, please don't overmix your batter. It's the most common reason for dense or tough quick breads. Fold until just combined, and you will be rewarded with a wonderfully soft texture. Embrace the lumps!
- The riper your bananas, the better. I mean really ripe, with lots of brown and black spots. This is where all the natural sweetness and moisture comes from. It makes a world of difference in the final flavor and texture of the bread.
- Let the bread cool completely before slicing. I know, this is the hardest part! But it's so important. Slicing into a warm loaf can cause it to be gummy and fall apart. A little patience will give you those perfect, clean slices you see in the pictures.