

Treasure Barrel

Sweet Banana Bread Blondies

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 ripe bananas, mashed
- [ ] ½ cup unsalted butter, softened
- [ ] ¾ cup brown sugar
- [ ] 1 large egg
- [ ] 1 tsp vanilla extract
- [ ] 1 ½ cups all-purpose flour
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] 1 tsp lemon zest (optional)

Optional Add-ins

- [ ] ½ cup chopped walnuts
- [ ] ½ cup chocolate chips
- [ ] one bowl banana twist

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×9-inch baking pan or line with parchment.
2. In a large bowl, cream together softened butter and brown sugar until light and fluffy.
3. Add the mashed bananas, egg, vanilla, and lemon zest; stir until fully incorporated.
4. In a separate bowl, whisk flour, baking soda, and salt; gently fold into the wet mixture, being careful not to over-mix.
5. If using, fold in walnuts or chocolate chips, then spread batter evenly in the prepared pan.
6. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.
7. Allow the blondies to cool in the pan for 10 minutes before cutting into squares.

Nutrition per serving

280 kcal	4 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not open the oven door during the first 15 minutes to prevent sinking.
- For extra caramel notes, drizzle a little melted butter over the top halfway through baking.
- If you prefer a sweeter finish, dust lightly with powdered sugar after they cool.