

Treasure Barrel

the best moist banana bread recipe

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

Ingredients

Banana Bread Ingredients

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon fine sea salt
- [ ] 3 very ripe large bananas, mashed well (about 1 1/2 cups)
- [ ] 1/2 cup (1 stick) unsalted butter, melted and slightly cooled
- [ ] 3/4 cup packed light brown sugar
- [ ] 1 large egg, at room temperature
- [ ] 1 teaspoon pure vanilla extract

Optional Add-ins

- [ ] 1 cup chopped walnuts or pecans
- [ ] 1 cup semisweet chocolate chips
- [ ] 1 teaspoon ground cinnamon

Instructions

1. Let's begin by setting a gentle pace for our baking. First, preheat your oven to 350°F (175°C). There's something so comforting about the kitchen slowly warming up. Take a standard 9x5 inch loaf pan and butter it generously, then dust it with a little flour, tapping out any excess. This little bit of care ensures your beautiful loaf will slide out perfectly later. In a medium bowl, whisk together the flour, baking soda, and salt. I like to sift them, just to make sure everything is light and airy. Set this aside for now.

2. Now for the heart of our bread. In a large mixing bowl, place your very ripe, mashed bananas. To this, pour in the slightly cooled melted butter and the brown sugar. Whisk them together until the sugar starts to dissolve and the mixture is well combined. Then, add your room-temperature egg and the vanilla extract. Give it another good whisk until everything is smooth and looks like a beautiful, fragrant caramel-colored liquid. This simple combination is the foundation of all that wonderful flavor.

3. It's time to bring everything together. Pour the dry ingredients into the bowl with the wet ingredients. Using a rubber spatula, gently fold everything together. The key here is to mix only until you no longer see dry streaks of flour. Please don't be tempted to overmix; a few lumps in the batter are a good thing! They are little pockets of promise for a tender crumb. If you're adding nuts or chocolate chips, now is the time to gently fold them in. The batter will be thick and smell absolutely heavenly.

4 Carefully pour the batter into your prepared loaf pan, using your spatula to spread it evenly. I like to smooth the top just a little. Place the pan on the center rack of your preheated oven and let it bake for 55 to 65 minutes. The whole house will begin to fill with the most wonderful aroma. You'll know it's done when the top is a deep golden brown and a wooden skewer inserted into the center comes out clean. Let the bread cool in the pan on a wire rack for about 10 minutes before gently turning it out to cool completely. That wait, I know, is the hardest part!

Nutrition per serving

220 kcal	3 g	32 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- The ripeness of your bananas is truly non-negotiable for this recipe. If your bananas aren't quite there yet, you can speed up the process by placing them on a baking sheet in a 300°F oven for 15-20 minutes, or until the peels are blackened. Let them cool completely before you mash them. It's a little trick that works wonders in a pinch!
- Let the bread cool completely before slicing. I know it's so tempting to cut into it while it's warm, but allowing it to cool allows the crumb to set properly. This will give you cleaner slices and a better texture. Patience here will be rewarded with the perfect slice of banana bread.
- This bread freezes beautifully. Once it has cooled completely, you can wrap the entire loaf (or individual slices) in plastic wrap, then a layer of foil, and place it in a freezer-safe bag. It will keep for up to 3 months. Just thaw it on the counter for a few hours when you're ready for a treat.