

Bite Spoon

Old Fashioned Banana Bread

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 very ripe bananas, mashed
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1 tsp lemon zest

Optional Mix-ins

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

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and set aside.
2. In a large bowl, cream together the softened butter and brown sugar until the mixture is light and fragrant—think of the Best Banana Bread aroma.
3. Add the mashed bananas, eggs, vanilla, and lemon zest; stir gently until incorporated.
4. Whisk together flour, baking soda, and salt; fold into the wet mixture just until you no longer see streaks.
5. If using, fold in walnuts or chocolate chips. Pour the batter into the prepared pan, smoothing the top with a spatula.
6. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean. If the top browns too quickly, tent with foil.
7. Allow the loaf to rest in the pan for 10 minutes, then turn out onto a wire rack to cool completely.

Nutrition per serving

210 kcal	3 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra buttery crust, brush the top with melted butter halfway through baking.
- The loaf stays moist longer if wrapped in parchment before storing.
- A pinch of cinnamon can add warm spice without overpowering the banana.