Bite Spoon

Sweet Banana Bread Blondies – Quick & Easy Snack

Moist, sweet banana bread blondies that are quick to bake and perfect for any time of day.

15 min	20 min	35 min	12	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup unsalted butter, melted
- [ ] 1 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp salt
- [ ] 1 tbsp lemon juice
- [ ] 1/4 cup honey (optional)

Instructions

1. Preheat oven to 350°F (175°C) and line an 8×8 inch pan with parchment or a silicone mat.
2. In a bowl, whisk melted butter with brown sugar until glossy, then stir in mashed bananas, eggs, vanilla, and lemon juice.
3. Sift flour, baking powder, and salt together; gently fold into the wet mixture, being careful not to over-mix.
4. If you like a richer crumb, drizzle honey over the batter and swirl with a knife.
5. Pour batter into the prepared pan, smooth the top, and bake for 20-22 minutes until a toothpick comes out with a few moist crumbs.
6. Allow to cool 10 minutes in the pan, then lift out using parchment and cut into squares. Serve warm or at room temperature.

Nutrition per serving

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

Tips & notes

- For a fudgy texture, do not over-bake; the center should still feel slightly soft.
- If you prefer a richer flavor, substitute half the butter with melted coconut oil.
- A pinch of cinnamon adds a warm spice note without overwhelming the banana.