



Classic Moist Banana Bread

This irresistibly moist banana bread features perfectly ripe bananas, warm spices, and a tender crumb that keeps you coming back for slice after slice. With a subtle hint of vanilla and optional chocolate chips, this homemade treat is far superior to any store-bought version. The aroma alone will have your family gathering in the kitchen, eager for a taste of this comfort food classic.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 minutes	55 minutes	1 hour 10 minutes	12 servings

INGREDIENTS

2 cups All-purpose flour	4 medium Ripe bananas
3/4 cup Granulated sugar	1/3 cup Unsalted butter
2 large Eggs	1 teaspoon Vanilla extract
1 teaspoon Baking soda	1/2 teaspoon Table salt
1/2 teaspoon Ground cinnamon	1/4 teaspoon Ground nutmeg
1/2 cup Sour cream	1/2 cup Chocolate chips

INSTRUCTIONS

- 1
- Preheat your oven to 350°F (175°C). Grease a 9x5-inch loaf pan generously with butter or cooking spray, paying special attention to the corners and edges. Line the bottom with parchment paper for easy removal. This prevents sticking and

ensures a perfect release when the bread is fully baked.

- 2 Peel the ripe bananas and place them in a large mixing bowl. Using a fork, mash them thoroughly until mostly smooth with just a few small lumps remaining—overripe bananas mash more easily and provide superior sweetness and moisture. The banana pieces should be barely visible. This creates the moisture base that keeps the bread tender.
- 3 Add the softened butter and sugar to the mashed bananas in the same bowl. Using an electric mixer on medium speed or a wooden spoon with elbow grease, beat for 2-3 minutes until the mixture becomes light, fluffy, and pale in color. This incorporates air into the batter, creating a lighter crumb structure. The mixture should be noticeably lighter than when you started.
- 4 Add the eggs one at a time, beating well after each addition until fully incorporated before adding the next egg. Pour in the vanilla extract and mix until combined. The mixture should be well-combined and homogeneous. Properly incorporated eggs act as a binder and create structure in the finished bread.
- 5 In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg. Whisking aerates the dry ingredients and distributes the leavening agent evenly throughout. Make sure there are no lumps of baking soda, as they can create off-flavors if they directly contact the batter. Set this mixture aside.
- 6 Add half of the dry ingredient mixture to the wet ingredients and gently fold with a spatula until just combined—don't overmix. Pour in the sour cream and fold until partially combined. Add the remaining dry ingredients and fold gently until just combined, with no flour streaks visible. Avoid overmixing as this develops gluten and creates a tough, dense bread. The batter should look slightly lumpy, which is perfect.
- 7 If using chocolate chips, fold them gently into the batter until evenly distributed. Pour the batter into your prepared loaf pan, smoothing the top with a spatula. For even baking, ensure the batter is level in the pan. A slightly rounded or domed top is normal and expected.
- 8 Place the loaf pan in the preheated oven and bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean or with just a few moist crumbs (not wet batter). The top should be golden brown and a slight crack down the center is normal. If the top begins browning too quickly, tent with aluminum foil during the last 15 minutes of baking.



Chef's Notes

The secret to extraordinary banana bread is using truly overripe bananas—they should have brown spots covering most of the peel and feel soft to gentle pressure. The sour cream is crucial for moisture and slight tang, which elevates the flavor beyond basic banana bread. I always add just a pinch of nutmeg, even though it seems subtle, because it adds a sophisticated depth that people can't quite identify but love. Never skip the cooling period in the pan; it allows the structure to set properly, preventing the bread from falling apart when you turn it out.

Calories: **285 kcal** Protein: **4 g** Carbs: **48 g** Fat: **9 g**

Recipe from [EasyRecipeVault.com](#)