

Easy Banana Bread

This classic Easy Banana Bread is moist, tender, and bursting with natural banana flavor—the perfect solution for overripe bananas! With a golden-brown crust and soft, cake-like crumb, this simple loaf requires just one bowl and basic pantry ingredients. Whether you're baking for breakfast, a snack, or dessert, this foolproof recipe delivers bakery-quality results every single time.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 minutes	55 minutes	70 minutes	12 servings

INGREDIENTS

3 medium Ripe bananas	1.75 cups All-purpose flour
0.75 cup Granulated sugar	4 tablespoons Unsalted butter
1 large Eggs	1 teaspoon Vanilla extract
1 teaspoon Baking soda	0.25 teaspoon Salt
0.5 teaspoon Ground cinnamon	0.125 teaspoon Nutmeg
0.5 cup Walnut or pecan pieces	as needed for pan Cooking spray or butter

INSTRUCTIONS

- 1

Preheat your oven to 350°F (175°C). Generously coat a 9x5-inch loaf pan with cooking spray or butter, making sure to coat the bottom and all sides evenly. This prevents sticking and ensures easy removal. If desired, line the bottom with parchment paper for extra assurance.
- 2

In a large mixing bowl, add your peeled ripe bananas and mash them thoroughly with a fork until mostly smooth with only small chunks remaining. Don't worry about achieving complete smoothness—some small pieces actually add nice texture to the finished bread. The mashed bananas should yield approximately 1 cup.
- 3

To the mashed bananas, add the melted butter, beaten egg, and vanilla extract. Stir these ingredients together until well combined and relatively smooth. The mixture should look slightly thick and pale yellow from the banana color. Avoid overmixing at this stage—you're just combining the wet components.

- 4 In a separate small bowl, whisk together the flour, sugar, baking soda, salt, cinnamon, and nutmeg. This step is crucial as it distributes the leavening agent evenly throughout the dry ingredients, ensuring your bread rises uniformly. Whisk for about 30 seconds until well combined and no lumps remain.
- 5 Pour the dry ingredient mixture into the banana mixture and fold together gently using a spatula or wooden spoon, stirring just until the dry ingredients are barely combined. The batter should look slightly lumpy and rough—this is exactly what you want. Overmixing develops gluten and creates a tough, dense loaf rather than a tender crumb. Fold in the nuts (if using) in the last few strokes.
- 6 Carefully pour the batter into your prepared loaf pan, smoothing the top gently with the back of a spatula if desired. Place the pan in the center of your preheated oven on the middle rack for even heating. Bake for 50-55 minutes, until a toothpick inserted into the center comes out with just a few moist crumbs (not wet batter).
- 7 Remove the bread from the oven and let it cool in the pan for 10 minutes on a wire rack. This cooling period allows the structure to set before removal. After 10 minutes, turn the loaf out onto the wire rack to cool completely for at least 30 minutes before slicing. The internal temperature should reach about 205°F when done.
- 8 Once completely cooled, use a serrated bread knife to cut the banana bread into generous slices. A serrated knife prevents crushing the delicate crumb. Serve at room temperature with a pat of butter, cream cheese, or simply on its own. The flavor actually improves the next day as the banana flavor deepens and distributes throughout the loaf.

Chef's Notes

The secret to exceptional banana bread is using the ripest bananas possible—they should have brown spots and be nearly black. This maximizes natural sweetness and moisture, allowing you to reduce sugar while deepening flavor. Never skip the proper cooling step, as it allows the crumb structure to set completely. Finally, remember that slightly lumpy batter creates tender bread, while overmixing creates toughness, so resist the urge to over-blend.

NUTRITION PER SERVING

Calories: **215 kcal** Protein: **3 g** Carbs: **42 g** Fat: **5 g**