

Helergon Kitchen

Foolproof Banana Bread – Easy & Delicious

15 min Prep time	**50 min** Cook time	**1 h 5 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/3 cup melted butter
- [ ] 1 cup brown sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 egg, beaten
- [ ] 1 tsp lemon juice
- [ ] 1 ½ cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] ½ tsp salt

Optional Mix-Ins

- [ ] ½ cup chocolate chips
- [ ] ¼ cup chopped walnuts
- [ ] 2 tbsp shredded coconut

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, combine mashed bananas and melted butter; stir until smooth.
3. Add brown sugar, vanilla, egg, and lemon juice to the banana mixture; mix gently.
4. In another bowl, whisk flour, baking soda, and salt. Fold the dry ingredients into the wet mixture just until combined.
5. If using, fold in chocolate chips or nuts. Pour batter into the prepared pan and smooth the top.
6. Bake for 45-55 minutes, or until a toothpick inserted near the center comes out clean. Let the loaf cool in the pan for 10 minutes, then transfer to a wire rack.

Nutrition per serving

210 kcal	3 g	33 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure bananas are fully ripe; they should be soft with brown spots.
- Do not open the oven door early; the sudden temperature drop can cause the loaf to sink.
- For a crustier top, brush the loaf with a little melted butter halfway through baking.