

Helergon Kitchen

Cinnamon Swirl Banana Bread – Perfect Brunch Treat

15 min Prep time	**55 min** Cook time	**1 h 10 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup unsalted butter, melted
- [ ] 1/2 cup brown sugar
- [ ] 2 large eggs
- [ ] 1/4 cup lemon juice
- [ ] 1 3/4 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt

Cinnamon Swirl

- [ ] 1/4 cup brown sugar
- [ ] 2 tbsp ground cinnamon
- [ ] 2 tbsp melted butter

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and line with parchment.
2. In a large bowl, combine mashed bananas, melted butter, brown sugar, eggs, and lemon juice; mix until smooth.
3. Whisk together flour, baking soda, and salt; fold gently into the banana mixture, being careful not to over-mix.
4. For the swirl, stir together brown sugar, cinnamon, and melted butter in a small bowl.
5. Pour half of the batter into the pan, then dollop half of the cinnamon mixture on top. Use a knife to swirl in gentle circles, then repeat with the remaining batter and cinnamon.
6. Bake for 55-60 minutes, or until a toothpick inserted in the center comes out clean. Let the bread rest in the pan for 10 minutes, then transfer to a wire rack.

Nutrition per serving

280 kcal	4 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the top browns too quickly, cover loosely with foil halfway through baking.
- Allow the loaf to cool slightly before slicing to keep the swirl intact.
- A light drizzle of honey over warm slices adds a pleasant shine.