

Helergon Kitchen

The Best Banana Bread Recipe

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
- [ ] 1/3 cup melted butter
- [ ] 1 teaspoon vanilla extract
- [ ] 1 teaspoon baking soda
- [ ] Pinch of salt
- [ ] 3/4 cup sugar
- [ ] 1 large egg, beaten
- [ ] 1 1/2 cups all-purpose flour

Optional Add-ins

- [ ] 1/2 cup chopped walnuts
- [ ] 1/2 cup chocolate chips
- [ ] 1 teaspoon cinnamon

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan with butter.
2. In a large bowl, mash the bananas until smooth, then stir in the melted butter.
3. Add sugar, beaten egg, and vanilla extract; mix gently until combined.
4. Sprinkle baking soda and salt over the mixture, then fold in the flour just until no streaks remain.
5. If using, fold in cinnamon, nuts, or chocolate chips for extra texture.
6. Pour batter into the prepared pan, smooth the top, and brush with a little extra melted butter.
7. Bake for 55-60 minutes, or until a toothpick inserted in the center comes out clean.
8. Allow the loaf to cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

250 kcal	4 g	35 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the top browns too quickly, tent with foil halfway through baking.
- For extra flavor, swirl in a tablespoon of honey vanilla glaze after baking.
- You can freeze slices individually; just reheat lightly before serving.
- For a warm twist, try our cinnamon swirled version.
- If you love extra chocolate, see moist chocolate chip banana bread.