

Banana Bread

This banana bread is phenomenal right out of the oven and even better toasted the next day.

Servings: Makes one 9 x 5 inch loaf

Prep Time: 20 Minutes

Cook Time: 45 Minutes

Total Time: 1 Hour 5 Minutes

INGREDIENTS

1-3/4 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon baking powder

1/2 teaspoon salt

1 stick (1/2 cup) unsalted butter, softened

3/4 cup sugar

2 large eggs

1 cup mashed very ripe bananas, from 2-3 large bananas

2 tablespoons fresh lemon juice

1-1/2 teaspoons vanilla extract



INSTRUCTIONS

Preheat the oven to 350°F. Butter and flour 9x5-inch metal loaf pan.

In a medium bowl, whisk together the flour, baking soda, baking powder and salt.

In the bowl of an electric mixer, beat the butter and sugar until light and fluffy, about 2 minutes. Add the eggs one at a time, beating well after each addition. Add the mashed bananas, lemon juice and vanilla extract and mix well. It will look a little curdled at this point; that's okay.

Add the flour mixture and beat on low speed until just incorporated. Do not over mix. Pour the batter into the prepared loaf pan and bake until a tester inserted into the center comes out clean, 40 to 45 minutes. Let cool in the pan for about 10 minutes, then turn out onto a wire rack to cool completely.

Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

NUTRITION INFORMATION

Per serving (12 servings)

Serving size:	1 slice
Calories:	208
Fat:	9 g
Saturated fat:	5 g
Carbohydrates:	30 g
Sugar:	14 g
Fiber:	1 g
Protein:	3 g
Sodium:	394 mg
Cholesterol:	51 mg

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