

INGREDIENTS

Dry Mix

All-purpose flour	240g	2 cups
Baking soda	6g	1 tsp
Fine sea salt	4g	¾ tsp
Cinnamon (opt)	2g	1 tsp

Butter + Sugar

Unsalted butter, melted	115g	1 stick
Light brown sugar	150g	¾ cup
Granulated sugar	50g	¼ cup

Wet Mix

Eggs, large	100g	2 whole
Vanilla extract	10g	2 tsp
Greek yogurt	60g	¼ cup

Bananas

Very ripe bananas	400g	~4 medium
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Optional Fold-Ins

Walnuts, toasted	100g	1 cup
Dark chocolate chips	100g	⅔ cup

METHOD

Phase 1: Prep (5 min)

- Oven:** Preheat to 175°C (350°F). Grease + line 9×5 inch pan with parchment sling.
- Dry mix:** Whisk flour, baking soda, salt, cinnamon in medium bowl.
- Melt butter:** Microwave or stovetop until just melted. Let cool slightly.
- Phase 2: Build Batter (10 min)**
- Mash bananas:** In large bowl, mash bananas with fork. Some chunks OK.
- Combine wet:** Add melted butter, both sugars to bananas. Whisk until combined.
- Add eggs:** Whisk in eggs one at a time, then vanilla and yogurt.
- Fold dry:** Add dry mix in two additions. Fold until *just* combined — streaks of flour OK. Don't overmix.
- Fold-ins:** Gently fold in nuts/chocolate if using.

Phase 3: Bake (55-65 min)

- Pour:** Scrape batter into prepared pan. Smooth top.
- Bake:** 175°C (350°F), 55-65 min. Tent with foil at 45 min if browning fast.
- Done when:** Internal temp 95°C (203°F). Toothpick = moist crumbs, not wet batter.

Phase 4: Cool

- Rest in pan:** 15 min — structure sets.
- Cool on rack:** 30 min minimum before slicing.

WHY IT WORKS

Ripe bananas: Enzymes convert starch → sugar. Black spots = maximum sweetness, less added sugar needed.
Melted butter: Distributes fat evenly, creates denser/moister crumb than creamed butter.
Yogurt: Acidity tenderizes crumb, adds tang that balances sweetness.
Minimal mixing: Gluten develops with agitation. Overmix = tough, dense bread.

ELEVATION

TIER 1: NO EXTRA TIME

- Espresso powder** (1 tsp with dry) — deepens banana flavor
- Swap sour cream for yogurt** — richer, more tang

TIER 2: +10-15 MIN

- Brown the butter** — cook 6-8 min until nutty, golden solids. Maillard depth.
- Add white miso** (30g/2 tbsp with sugars) — umami amplifies sweetness
- Tahini swirl** — drizzle 3 tbsp on top, swirl with knife before baking

TIER 3: +25 MIN

- Roast bananas first** — 150°C (300°F), unpeeled, 25 min until black. Concentrates sugar, reduces moisture, deeper flavor. Use 450g raw → ~340g roasted.
- Brûléed slice** — thin sugar layer on slice, torch to order

QUICK REFERENCE

DRY: 240g flour | 6g soda | 4g salt | 2g cinnamon
WET: 115g butter (melted) | 150g brown sugar | 50g white sugar | 2 eggs | 10g vanilla | 60g yogurt
BANANA: 400g very ripe, mashed

1. Preheat 175°C. Prep pan. 2. Whisk dry ingredients. 3. Melt butter.
4. Mash bananas, add butter + sugars. 5. Whisk in eggs, vanilla, yogurt. 6. Fold in dry — don't overmix.
7. Bake 175°C, 55–65 min. 8. Done at 95°C (203°F) internal. 9. Cool 15 min pan, 30 min rack.

STORAGE: Room temp 3 days | Fridge 1 week | Freezer 3 months (wrap tight, refresh 150°C 10 min)

PREP-AHEAD & STORAGE

COMPONENT	AHEAD	STORAGE	NOTES
Dry mix	1 month	Airtight, room temp	Label with date
Mashed/frozen bananas	3 months	Frozen flat in bags	400g portions per loaf, thaw overnight
Brown butter (if elevating)	2 weeks	Refrigerated	Re-melt gently before using
Complete batter	2 hours	Refrigerated	Leavening weakens beyond
Baked loaf	3 months	Frozen (plastic + foil)	Thaw room temp, refresh 150°C 10 min