

Plate Dream

Banana Bread with Frozen Bananas – Easy Sweet & Savory

15 min	55 min	1 h 10 min
Prep time	Cook time	Total time

Ingredients

Batter

- [ ] 3 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1/2 cup unsalted butter, melted
- [ ] 1 cup brown sugar
- [ ] 2 large eggs, room temperature
- [ ] 1 teaspoon vanilla extract
- [ ] 1 tablespoon lemon juice
- [ ] 2 cups frozen bananas, thawed and mashed

Stir-ins

- [ ] 1/2 cup chopped walnuts (optional)
- [ ] 1/2 cup chocolate chips (optional)

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, whisk together flour, baking soda, and salt; set aside.
3. In another bowl, combine melted butter and brown sugar; beat until smooth, then add eggs one at a time, mixing gently.
4. Stir in vanilla, lemon juice, and the mashed frozen bananas until just incorporated.
5. Fold the dry ingredients into the wet mixture; avoid over-mixing. If using, fold in walnuts or chocolate chips.
6. Pour batter into the prepared pan, smooth the top, and bake for 55-60 minutes, or until a toothpick comes out with a few moist crumbs.

Nutrition per serving

310 kcal	5 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Recipe on Pinterest