

Janet's Rich Banana Bread: Moist, Buttery & Perfectly Spiced

Janet's Rich Banana Bread: A Moist, Buttery Slice of Heaven!



OVEN
350°F

TIME
2-3 min

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INGREDIENTS

$\frac{1}{2}$ cup (1 stick) unsalted butter, softened
1 cup granulated sugar
2 large eggs
4 ripe bananas, mashed (the riper, the better - brown spots are your friend!)
1 teaspoon vanilla extract (pure vanilla is recommended)
1 $\frac{1}{2}$ cups all-purpose flour
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cinnamon
... teaspoon ground nutmeg

Optional: $\frac{1}{2}$ cup chopped walnuts or pecans

Swaps and Notes:

Bananas: Use very ripe bananas with plenty of brown spots. They are sweeter and easier to mash, providing the best flavor and moisture.

Butter: Unsalted butter is preferred, as it allows you to control the salt content. Ensure it's truly softened to room temperature for proper creaming.

Spices: Cinnamon and nutmeg are classic banana bread spices, providing a warm, comforting aroma and flavor. Feel free to adjust quantities to your preference.

Vanilla Extract: Pure vanilla extract will give the best flavor.

Nuts (Optional): Chopped walnuts or pecans add a

lovely crunch and nutty flavor. You can omit them if there are allergies or you prefer a plain loaf. Chocolate chips would also be a delicious addition.

Do Not Overmix: This is a crucial rule for all quick breads and muffins. Overmixing develops gluten, leading to a tough, dry texture. Mix only until just combined.

Directions:

Preheat Oven & Prep Pan: Preheat your oven to 350°F (175°C). Lightly grease a 9x5-inch loaf pan, or line it with parchment paper (allowing overhang on the long sides for easy lifting). This ensures the bread releases easily.

Cream Butter and Sugar: In a large mixing bowl, using an electric mixer (handheld or stand mixer), cream together the softened unsalted butter and granulated sugar until the mixture is light and fluffy, usually about 2-3 minutes on medium-high speed. This step incorporates air for a tender crumb.

Add Eggs & Wet Ingredients: Beat in the eggs one at a time, mixing well after each addition to incorporate them fully into the creamed butter and sugar. Then, stir in the mashed ripe bananas and vanilla extract until well combined.

Whisk Dry Ingredients: In a separate medium bowl, whisk together the all-purpose flour, baking soda, salt, ground cinnamon, and ground nutmeg. This ensures the leavening agents and spices are evenly distributed throughout the dry mix.

Combine Wet and Dry: Gradually add the whisked dry ingredients to the wet mixture in the large bowl.

Mix with a spoon or spatula until just combined-do not overmix! It's okay if there are a few small lumps of flour remaining; overmixing can lead to a tough bread.

Fold in Nuts (Optional): If using, gently fold in the chopped walnuts or pecans until evenly distributed throughout the batter.

Pour & Smooth Batter: Pour the beautifully mixed batter evenly into your prepared 9x5-inch loaf pan and smooth the top with a spatula.

Bake: Bake for 60-70 minutes, or until the top is golden brown and a wooden skewer or toothpick inserted into the very center comes out clean (a few moist crumbs are okay, but no wet batter). Baking times can vary depending on your oven, so check for doneness.

Cool: Let the banana bread cool in the pan for 10 minutes. This allows it to firm up slightly before you handle it. Then, carefully transfer it to a wire rack (using the parchment paper overhang if applicable) to cool completely before slicing.

Tips for Success:

Very Ripe Bananas: The key to flavorful, moist

banana bread is using very ripe (brown-spotted) bananas. They are sweeter and break down easily.

Room Temperature Ingredients: Softened butter and room temperature eggs blend more smoothly, creating a better emulsion and a finer crumb.

Don't Overmix: This is the most important rule for tender quick breads. Mix only until the dry ingredients are just incorporated.

Grease & Flour Pan Well: For a clean release, ensure your loaf pan is thoroughly greased and floured, or use parchment paper.

Test for Doneness: A toothpick inserted into the center should come out clean. If it's still gooey, bake a few more minutes.

Cool Completely Before Slicing: While it smells amazing warm, waiting for it to cool completely allows the bread to set and prevents it from crumbling when sliced.

DIRECTIONS

1. **Making :** Janet's Rich Banana Bread is a classic baking process that promises a heavenly aroma filling your kitchen!
2. **Preheat : Oven & Prep Pan:** Preheat your oven to 350°F (175°C). Lightly grease a 9x5-inch loaf pan, or line it with parchment paper (allowing overhang on the long sides for easy lifting). This ensures the bread releases easily.
3. **Cream : Butter and Sugar:** In a large mixing bowl, using an electric mixer (handheld or stand mixer), cream together the softened unsalted butter and granulated sugar until the mixture is light and fluffy, usually about 2-3 minutes on medium-high speed. This step incorporates air for a tender crumb.
4. **Add : Eggs & Wet Ingredients:** Beat in the eggs one at a time, mixing well after each addition to incorporate them fully into the creamed butter and sugar. Then, stir in the mashed ripe bananas and vanilla extract until well combined.
5. **Whisk : Dry Ingredients:** In a separate medium bowl, whisk together the all-purpose flour, baking soda, salt, ground cinnamon, and ground nutmeg. This ensures the leavening agents and spices are evenly distributed throughout the dry mix.
6. **Combine : Wet and Dry:** Gradually add the whisked dry ingredients to the wet mixture in the large bowl. Mix with a spoon or spatula until just combined-do not overmix! It's okay if there are a few small lumps of flour remaining; overmixing can lead to a tough bread.
7. **Fold in : Nuts (Optional):** If using, gently fold in the chopped walnuts or pecans until evenly distributed throughout the batter.

8. **Pour & : Smooth Batter:** Pour the beautifully mixed batter evenly into your prepared 9x5-inch loaf pan and smooth the top with a spatula.
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10. **Cool:** Let the banana bread cool in the pan for 10 minutes. This allows it to firm up slightly before you handle it. Then, carefully transfer it to a wire rack (using the parchment paper overhang if applicable) to cool completely before slicing.
11. **Tips for Success: Very Ripe Bananas:** The key to flavorful, moist banana bread is using very ripe (brown-spotted) bananas. They are sweeter and break down easily.
12. **Room : Temperature Ingredients:** Softened butter and room temperature eggs blend more smoothly, creating a better emulsion and a finer crumb.
13. **Don't : Overmix:** This is the most important rule for tender quick breads. Mix only until the dry ingredients are just incorporated.
14. **Grease & : Flour Pan Well:** For a clean release, ensure your loaf pan is thoroughly greased and floured, or use parchment paper.
15. **Test for : Doneness:** A toothpick inserted into the center should come out clean. If it's still gooey, bake a few more minutes.
16. **Cool : Completely Before Slicing:** While it smells amazing warm, waiting for it to cool completely allows the bread to set and prevents it from crumbling when sliced.
17. **Serving Suggestions and Pairings:** Janet's Rich Banana Bread is incredibly versatile and perfect for any time of day.
18. **Breakfast/ Brunch:** Enjoy a slice with your morning coffee or tea. Toast it lightly and spread with butter or cream cheese.
19. **Snack:** A wholesome and satisfying snack for any time of day.
20. **Dessert:** Serve plain, or for an extra treat, add a dollop of whipped cream or a scoop of vanilla ice cream.
21. **Gifting:** This bread makes a thoughtful homemade gift for friends, neighbors, or family.
22. **For other fantastic banana-based treats,** you might also enjoy my [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#) (a slightly different recipe with chocolate chips!) or my comforting [This Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd](#).
23. **Storage and Leftover Tips:** Store leftover Janet's Rich Banana Bread in an airtight container at room temperature for up to 3 days, or in the refrigerator for up to 1 week. The flavors often meld and deepen over the first day or two. This bread also freezes beautifully! Wrap individual slices or the whole cooled loaf tightly in plastic wrap, then aluminum foil, and place in a freezer-safe bag. It will keep

well for up to 3 months. Thaw at room temperature or gently warm slices in the microwave or toaster oven.

24. More Recipes You Will Love: If you loved the moist texture and comforting flavors of this banana bread, here are a few more delightful dessert recipes that I think you'll absolutely love:
25. For a fun fusion dessert, check out my : Banana Bread Brownies.

SWAPS & NOTES

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Ensure it's truly softened to room temperature for proper creaming.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/janets-rich-banana-bread-moist-buttery-perfectly-spiced/>