

Easy One-Bowl Banana Bread (Better Than Your Grandma's!)

you've ever tasted. As a food writer for



OVEN
300°F

TIME
15 min

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INGREDIENTS

3 Ripe Bananas: The more brown spots, the better!

1/3 cup Melted Butter: Provides richness and a silky texture.

1 tsp Baking Soda: Our leavening agent for the perfect rise.

Pinch of Salt: To balance the sweetness.

3/4 cup Sugar: Regular granulated sugar works best here.

1 Large Egg: Lightly beaten to bind the batter.

1 tsp Vanilla Extract: For that essential aromatic depth.

1 1/2 cups All-Purpose Flour: The structural base of our loaf.

DIRECTIONS

1. **Prep the : Oven and Pan:** Preheat your oven to 350°F (175°C). Lightly grease a 4x8-inch loaf pan with butter or non-stick spray.
2. **Mash the : Bananas:** In a large mixing bowl, peel your 3 ripe bananas. Use a sturdy fork or a potato masher to smash them until they are smooth with just a few small chunks remaining.
3. **Incorporate : Fat:** Stir the melted butter directly into the mashed bananas.
4. **Add : Leavening:** Mix in the baking soda and the pinch of salt. You'll notice the mixture might react slightly-this is normal!
5. **Sweeten and : Bind:** Pour in the sugar, the beaten egg, and the vanilla extract. Mix well until the color is uniform.
6. **Fold in : Flour:** Finally, add the all-purpose flour. Use a spatula to fold the flour in until just incorporated. Pro-tip:Do not overmix! Overmixing develops gluten, which can make your bread tough instead of tender.
7. **Bake:** Pour the batter into your prepared loaf pan. Bake for 60-65 minutes.
8. **The : Toothpick Test:** Insert a toothpick into the center of the loaf. If it comes out clean or with just a few moist crumbs, it's done.
9. **Cool:** Let the bread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

SWAPS & NOTES

The Bananas: If your bananas aren't ripe enough, you can roast them in their skins at 300°F for about 15 minutes until black.

Let them cool, and they'll be perfectly sweet and mashable.

Flour Alternatives: You can swap 1/2 cup of the all-purpose flour for whole wheat flour for a nuttier flavor, though the loaf will be slightly denser.

Sugar: For a deeper, molasses-like flavor, try using a 50/50 mix of white sugar and light brown sugar.

TIPS FOR SUCCESS

Use the Right Pan: If you use a dark metal pan, your bread may brown faster on the outside.

Room Temperature Egg: A room temperature egg incorporates more easily into the batter, ensuring a consistent texture.

Tent with Foil: If the top of your bread is getting too dark but the center isn't done, loosely drape a piece of aluminum foil over the top for the last 15 minutes of baking.

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

Original recipe: <https://chefmaniac.com/easy-one-bowl-banana-bread-better-than-your-grandmas/>