

Moist Banana Bread Recipe That Turns Overripe Bananas Into Something Incredible

Here is what you will need for this banana bread:



OVEN
350°F

TIME
50 to 60 min

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INGREDIENTS

3 ripe bananas, mashed
1/2 cup unsalted butter, melted
3/4 cup sugar
2 eggs
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon, optional
1/4 cup sour cream or plain yogurt
Optional add-ins:
1/2 cup chopped walnuts or pecans
1/2 cup chocolate chips
1 tablespoon brown sugar for topping

DIRECTIONS

1. Preheat the oven: Preheat your oven to 350°F. Grease a 9x5-inch loaf pan or line it with parchment paper.
2. Mash the bananas: In a large mixing bowl, mash the ripe bananas until mostly smooth. A few small lumps are perfectly fine.
3. Mix the wet ingredients: Add the melted butter, sugar, eggs, vanilla extract, and sour cream or yogurt to the mashed bananas. Stir until smooth and well combined.
4. Mix the dry ingredients: In a separate bowl, whisk together the flour, baking soda, salt, and cinnamon if using.
5. Combine wet and dry: Add the dry ingredients to the banana mixture and stir gently just until combined. Do not overmix. If you are adding nuts or chocolate chips, fold them in now.
6. Transfer to the pan: Pour the batter into the prepared loaf pan and smooth the top. If you like, sprinkle a little brown sugar over the top for a lightly sweet crust.
7. Bake: Bake for 50 to 60 minutes, or until a toothpick inserted into the center comes out clean or with a few moist crumbs.
8. Cool and slice: Let the banana bread cool in the pan for about 10 to 15 minutes, then transfer it to a wire rack to cool completely before slicing.

SWAPS & NOTES

The riper your bananas, the better your banana bread will taste.

Bananas with lots of brown spots are ideal because they are sweeter, softer, and easier to mash.

Sour cream or yogurt helps keep the loaf extra moist, so I recommend not skipping it.

If you want a slightly richer flavor, you can use brown sugar instead of white sugar, or a mix of both.

TIPS FOR SUCCESS

Stir just until the flour disappears.

Overmixing can make the loaf dense instead of tender.

Use ripe bananas for the strongest flavor and best moisture.

If your bananas are not quite ripe enough, the bread will still bake, but it will not have the same sweetness or softness.

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

Original recipe: <https://chefmaniac.com/moist-banana-bread-recipe-that-turns-overripe-bananas-into-something-incredible/>