

# Warm Banana Loaf with a Hint of Cinnamon



Ingredient	Metric	US Measurement
All-purpose flour	250 g	2 cups
Baking soda	1 tsp	1 tsp
Salt	¼ tsp	¼ tsp
Unsalted butter, softened	113 g	½ cup
Brown sugar	150 g	¾ cup
Eggs	2	2
Very ripe bananas, mashed	500–550 g	about 5–6 bananas
Vanilla extract	1 tsp	1 tsp
Ground cinnamon	½ tsp	½ tsp
Ground nutmeg	Pinch	Pinch

## Instructions

1. Preheat oven to 175°C (350°F). Grease and line a loaf pan with parchment paper.
2. In a bowl, whisk together flour, baking soda, salt, cinnamon, and nutmeg.
3. In another bowl, beat softened butter and brown sugar until fluffy.
4. Add eggs one at a time, then stir in mashed bananas and vanilla.
5. Fold dry ingredients into wet ingredients until just combined. Do not overmix.
6. If using, stir in chopped walnuts or chocolate chips.
7. Pour batter into prepared pan and smooth the top.
8. Bake 55–65 minutes, until a toothpick inserted in the center comes out with moist crumbs.
9. Cool in pan 10 minutes, then transfer to a wire rack.

## Note & Storage

- Use very ripe bananas for best flavor and moisture.
- Brown sugar gives richer flavor than white sugar.
- Optional add-ins: chopped walnuts or chocolate chips.
- Fits standard 9 × 5 inch (23 × 13 cm) loaf pan.
- For muffins, use a 12-cup tin and bake 18–22 minutes.
- Store covered at room temp for 3 days or refrigerate for 1 week.
- Freeze slices up to 2 months; reheat as needed.