

## Best Banana Bread

*Makes 1 loaf*

### Ingredients:

- 1 ½ cup (210 g) all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup (113 g) unsalted butter, melted
- ¾ cup (150 g) brown sugar, packed
- 2 large eggs
- 2 teaspoons vanilla
- 3 mashed bananas (1 ¼ cup or 300 g)
- ½ cup (120 ml) sour cream
- ½ cup (60 g) chopped walnuts

**Topping:** chopped walnuts



### Instructions:

1. Preheat oven to 350 F (176 C). Grease a 9x5x3-inch loaf pan with baking spray or butter.
2. In a medium bowl, mix together flour, baking soda and salt.
3. In a large bowl, whisk together melted butter and brown sugar until smooth. Add eggs and vanilla; mix again. Add bananas and sour cream; mix again.
4. Add dry ingredients to wet; mix just to combine. Fold in walnuts. Pour batter into loaf pan and sprinkle with chopped walnuts.
5. Bake for 60-65 minutes, or until toothpick inserted into the center comes out clean.

### Variations:

For a gluten-free version, use 1 ½ cups gluten-free flour blend in place of all-purpose flour.

For a sugar-free version, use ¾ cup brown-sugar substitute in place of brown sugar.

For smaller loaves, use three 7x3x2-inch loaf pans and bake at 350 F for 45-50 minutes.

### Make-Ahead Options:

**To freeze the whole loaf:** Cool completely. Wrap tightly in plastic wrap and then in foil or place in a large freezer bag. Freeze up to 3 months. Thaw wrapped on the counter for 3-4 hours. If desired, warm in a 300 F (150 C) oven for 10-15 minutes before serving.

**YouTube:** Marie's Kitchen

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**To freeze slices:** Cool loaf completely. Slice into even pieces. Lay slices on parchment lined baking sheet. Freeze 1-2 hours until firm. Wrap in plastic or separate by parchment and place in a freezer bag or airtight container. Remove as much air as possible. Freeze up to 3 months. To thaw and warm slices, microwave for 15-20 seconds or put in the toaster oven for 2-3 minutes.