

Banana Nut Bread

Poetry & Pies

prep time: 5-10 minutes

bake time: 45-50 minutes

total time: 1 hour

servings: 8-12



Ingredients*

- 1 ½ cups (204g) all-purpose flour, spooned and leveled
- 1 ½ teaspoons (6g) baking powder
- ½ teaspoon (3g) salt
- 1 teaspoon (3g) [ground cinnamon](#) (optional)
- 1 cup (about 300g) mashed banana (2 large or 3 medium very ripe bananas)
- 1 tablespoon (13g) [pure vanilla extract](#)
- 2 large eggs, room temperature
- 4 tablespoons (56g) avocado or vegetable oil
- 4 tablespoons (56g) melted butter
- ½ cup (100g) granulated sugar
- ½ cup (100g) packed brown sugar (light or dark will work)
- 1 cup (120g) chopped walnuts (fresh or toasted)

Instructions

1. Preheat your oven to 350F/175C. Grease and flour an [8x4 loaf pan](#) (see note below for making in a 9x5 pan). If it's prone to sticking, you can line it with [parchment](#) as well.
2. Melt the butter and set aside. Don't let it cool enough to solidify, but do let it cool somewhat before using. This is also a great time to chop your walnuts (and toast them, if desired—at 350F/175C for 5-10 minutes). Don't wait until mixing to chop them, as the batter shouldn't sit for that long.

3. Using a [large fine mesh sieve](#), sift then whisk together the flour, baking powder, salt, and cinnamon. Set aside.
4. Mash the bananas (I used a [potato masher](#)) and measure out one cup. In a large bowl, whisk the banana together with the vanilla, eggs, and oil until well combined. Slowly stream in the melted butter while whisking quickly (this prevents scrambling the eggs).
5. Add the sugar and brown sugar to the wet ingredients and whisk for about 1 minute. You can whisk it by hand or, if using a stand or hand mixer, mix on medium.
6. Fold in the flour mixture gently until mostly combined, with some visibly dry flour in spots. Fold in the chopped walnuts until well-distributed. This step will cause the rest of the flour to mix in, but it should still have some lumps in it.
7. Pour into your prepared pan. Top with some more chopped nuts.
8. Bake for 45-50 minutes (longer if using a 9x5 pan), until golden on top and a toothpick inserted in the middle comes out with some moist crumbs. Check early so it doesn't over bake. If it starts to brown too quickly, tent the pan loosely with foil. Let cool in pan at least 10 minutes. Remove and let cool at least 30 minutes before slicing, to prevent it drying out and turning tough.

Enjoy with your morning coffee!

Store leftovers in an airtight container.

***For a [9x5](#) (or similar sized) loaf pan**

- 2 ¼ cups (306g) all-purpose flour, spooned then leveled
- 2 ¼ teaspoons (9g) baking powder
- ¾ teaspoon (4g) salt
- 1 ½ tablespoons (12g) ground cinnamon
- 1 ½ cup (about 450g) mashed ripe bananas (3 large or 4 medium)
- 1 ½ tablespoons (19g) pure vanilla extract
- 3 large eggs, room temperature
- 6 tablespoons (84g) avocado or vegetable oil
- 6 tablespoons (84g) melted butter

- $\frac{3}{4}$ cup (150g) granulated sugar
- $\frac{3}{4}$ cup (150g) brown sugar
- 1 $\frac{1}{2}$ cups (180g) chopped walnuts