

Banana Bread

A moist, golden banana loaf that rescues overripe fruit

DIFFICULTY Easy
COURSE Baking
CUISINE Australian



PREP
15 min



COOK
55 min



TOTAL
70 min



SERVES
10



FREEZES WELL
Yes

01 Ingredients

- 3 very ripe bananas, mashed
- 100g butter, melted and cooled
- 120g brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 225g self-raising flour
- 1 tsp ground cinnamon
- ¼ tsp salt
- 50g chopped walnuts (optional)

02 Method

1. Preheat the oven to 170C and line a 22 x 12cm loaf tin with baking paper.
2. Mash the bananas in a large bowl. Stir in the melted butter, sugar, eggs and vanilla until combined.
3. Sift in the flour, cinnamon and salt and fold gently until just combined. Fold in the walnuts if using.
4. Pour into the tin and bake for 50-55 minutes, until a skewer in the centre comes out clean. Cover loosely with foil if the top browns too quickly.
5. Cool in the tin for 10 minutes, then lift out onto a wire rack to cool completely before slicing.

04 Common mistakes

- **Overmixing the batter** — it makes the loaf tough and tunnelled; fold until just combined.
- **Using underripe bananas** — the loaf is less sweet and the flavour is bland.
- **Opening the oven early** — the loaf can sink; wait until at least 40 minutes.

03 Notes & substitutions

- The riper the bananas, the sweeter and moister the loaf - black-skinned ones are ideal.
- Freeze overripe bananas whole in their skins and thaw before using.
- Add a handful of chocolate chips or blueberries.
- No self-raising flour? Use plain flour plus 1½ teaspoons of baking powder.

05 Storage & leftovers

ROOM TEMPERATURE	Wrapped, up to 3 days.
FRIDGE	Up to 5 days; it can dry out, so wrap well.
FREEZER	Slice and freeze for up to 3 months. Toast from frozen.