

BANANA BREAD MINI LOAVES

A Writer in the Kitchen with MK McClintock

This is a recipe I have used for twenty-plus years, and do not recall from where the original came. I like it best as mini loaves or muffins, and of course, it works great baked in full loaf pans. Same recipe for all, just different baking times.



Prep time: 15

Cook time: 25-30 M

Yield: 2 regular loaves or 6 mini loaves

INGREDIENTS:

- 1 ¼ cup granulated sugar
- ½ cup (stick) unsalted butter, at room temperature
- 2 large eggs or 4 egg whites
- 1 ½ cups mashed ripe bananas (3-4)
- ½ cup buttermilk
- 1 tsp pure vanilla extract
- 1 Tbs brown sugar
- 2 ½ cups bread flour
- 1 tsp baking soda
- 1 tsp sea salt
- 1 cup chopped pecans or walnuts, if desired

INSTRUCTIONS:

1. Move oven rack to second-to-bottom position so that the tops of pans will be in center of oven. Preheat oven to 350 degrees. Prepare 2 regular loaf pans or a 6-well mini loaf pan. Baking spray with flour works great.
2. Whisk together flour, baking soda, and salt. Set aside.
3. Mix sugars and butter in large bowl. A stand or hand mixer work best, but this can all be done by hand with a little extra arm muscle. Stir in eggs until well blended.
4. Add bananas, buttermilk, and vanilla. Beat until batter is mostly smooth. You will still see some banana chunks throughout.
5. Mix flour mixture into the banana mixture just until moistened. Do not overmix! Stir in nuts, if using. Pour or scoop into pans.
6. Bake 45 minutes to 1 hour if using full-sized loaf pans. For mini loaf pans, check after 25 minutes. You may need to go up to 35 minutes depending on your oven and humidity.
7. Cool 15 minutes in pans on wire racks, then remove from pans and continue to cool on racks before slicing.
8. The mini loaves freeze great, and it's convenient to take out one small loaf at a time. If you bake full loaves, recommend slicing prior to freezing so you don't have to pull out a full loaf. They can store up to 4 days at room temperature (2 days in a hot and humid climate) or in the refrigerator for 7-10 days.

Nutritional info may vary based on the type of ingredients used. If you have specific dietary needs or restrictions, you may need to calculate the nutritional info based on the exact ingredients you use.