



## Healthier Banana Banana Bread

Jacob · 28/09/2024



### Prep Time

1 hr 20 mins

### Difficult

Medium

### Servings

12

### Description

This recipe was really yummy to start with but I was looking for something a little healthier so I replaced some butter with nonfat yogurt and I eliminated the salt This healthier banana banana bread is super moist and tastes great

### Ingredients

- - 2 cups all-purpose flour - 1 teaspoon baking soda -  $\frac{1}{4}$  teaspoon salt -  $\frac{3}{4}$  cup brown sugar -  $\frac{1}{4}$  cup unsalted butter -  $\frac{1}{2}$  cup nonfat plain yogurt - 2 eggs
- room temperature and beaten - 2  $\frac{1}{2}$  cups mashed overripe bananas

### Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan. Whisk flour
2. baking soda
3. and salt together in a large bowl; set aside. Beat brown sugar
4. butter
5. and yogurt together in a separate large bowl with an electric mixer until light and fluffy. The mixture should be noticeably lighter in color. Add eggs
6. one at a time
7. beating well after each addition. Stir in mashed bananas until well blended; add to flour mixture and stir just to moisten. Transfer batter to prepared loaf pan. Bake in the preheated oven until a toothpick inserted into the center comes out clean
8. 60 to 65 minutes. Let bread cool in pan for 10 minutes
9. then turn out onto wire rack to cool completely. Editor's Note: This recipe is the healthier version of Banana Banana Bread.