

# Maple Banana Bread (Moist & Naturally Sweetened)

**Prep Time:** 10 minutes

**Bake Time:** 55–65 minutes

**Servings:** 1 loaf (10–12 slices)

This banana bread is sweetened entirely with **pure maple syrup**—no refined sugar—giving it a warm, rich flavor and super moist texture.

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## Ingredients

### Dry Ingredients

- 1  $\frac{3}{4}$  cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg (optional)

### Wet Ingredients

- 3 very ripe bananas, mashed
- $\frac{1}{2}$  **cup pure maple syrup**
- $\frac{1}{3}$  cup melted butter (or coconut oil)
- 1 large egg
- 1 teaspoon vanilla extract

### Add-ins (optional but delicious)

- $\frac{1}{2}$  cup chopped walnuts or pecans
  - $\frac{1}{2}$  cup chocolate chips
  - 2 tablespoons pure maple sugar (for sprinkling on top)
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## Instructions

### 1. Preheat the oven

Preheat to **350°F (175°C)**.

Grease a 9×5-inch loaf pan or line with parchment.

### 2. Mix dry ingredients

In a medium bowl, whisk together:

flour, baking soda, baking powder, salt, cinnamon, and nutmeg.

### 3. Mix wet ingredients

In a large bowl, combine mashed bananas, maple syrup, melted butter, egg, and vanilla.

Stir until smooth.

### 4. Combine wet + dry

Add dry ingredients to the wet mixture and stir until just combined—do **not** overmix. Fold in nuts or chocolate chips if using.

### 5. Pour into pan

Spread batter evenly into prepared loaf pan.

Sprinkle **maple sugar** on top for a crackly maple crust (optional but amazing).

### 6. Bake

Bake **55–65 minutes**, or until a toothpick inserted in the center comes out clean.

Cool in the pan for 10 minutes, then transfer to a rack to finish cooling.

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## Tips for Extra Flavor

- Use **very ripe bananas** — the spottier the better.
- Substitute  $\frac{1}{4}$  cup of the butter with **Greek yogurt** for an ultra-moist loaf.
- Add 1–2 tablespoons of **maple syrup** brushed on top right after baking for a glossy finish.
- Use **Grade A Dark** maple syrup for the deepest maple flavor.