

Moist Banana Bread

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Cooking With Carolyn

Ingredients

Yield: 8 to 10 Slices

- 1 Stick (1/2 Cup) Unsalted Butter plus 1 to 2 more Tablespoons for the pan, room temperature
- 1 Cup Granulated Sugar
- 2 Extra Large Eggs
- 1½ Cups All Purpose Flour
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Ground Nutmeg
- 1 Cup Very Ripe Mashed Bananas
- 1½ Teaspoons Pure Vanilla Extract
- 1/3 Cup Sour Cream or Plain Greek Yogurt
- ½ Cup Chopped Pecan or Walnuts (optional)

Directions

Preheat oven to 350 degrees

Using a hand mixer or stand mixer, cream the butter and sugar on low speed for about 2 minutes. Add the eggs to the mixture one at a time making sure each one is fully incorporated and then stop mixing.

In a medium bowl, combine and whisk the flour, baking soda, salt, cinnamon, and nutmeg. Add the flour mixture to the mixing bowl while mixing on low speed. Next, add the mashed bananas, vanilla, and sour cream or yogurt, and mix until the batter is just combine, do not overmix. (**Tip:** Make sure the batter at the bottom of the bowl is fully incorporated.) Finally, fold the nuts into the batter if desired.

Grease a 9x5x2 inch loaf pan with 1 to 2 tablespoons of butter. Pour the batter into the pan. Place it on the middle rack of the oven and bake for about 55 minutes or until a skewer is inserted and comes out clean.

Once done, allow the bread to rest in the pan for about 5 to 10 minutes and then turn the loaf out onto a cooling rack. Allow to cool for 45 minutes to 1 hour. Slice and enjoy.