

Choco Fever Dream

Cinnamon Swirled Banana Bread

15 min Prep time	**45 min** Cook time	**1 h** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1 ½ cups all-purpose flour
- [ ] ½ cup brown sugar
- [ ] ¼ cup melted butter, cooled
- [ ] 2 large eggs, room temperature
- [ ] 1 tsp vanilla extract
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt

Cinnamon Swirl

- [ ] ¼ cup brown sugar
- [ ] 1 tsp ground cinnamon
- [ ] 1 tbsp melted butter

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan and line with parchment.
2. In a bowl, combine mashed bananas, melted butter, and vanilla; stir until smooth.
3. Whisk together flour, brown sugar, baking soda, and salt in a separate bowl.
4. Add eggs to the banana mixture, beat lightly, then fold in the dry ingredients just until combined.
5. For the swirl, mix brown sugar, cinnamon, and butter until crumbly. Spoon half into the batter, swirl with a knife, then add the rest of the batter and repeat.
6. Pour the batter into the prepared pan, smooth the top, and bake for 45-50 minutes, or until a toothpick comes out clean.
7. Allow the loaf to cool in the pan 10 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal	4 g	32 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If bananas are very ripe, you may add a tablespoon of flour to balance moisture.
- Use a light hand when swirling to avoid dense pockets.
- For extra caramel flavor, sprinkle a thin layer of brown sugar on top before baking.