

S O M E

KITCHEN STORIES

fiction + food

Honey Walnut Banana Bread

Source: Picture The Recipe | Prep Time: 10 min | Cook Time: 40-45 min | Serves 8-10

INGREDIENTS

3 ripe/over ripe bananas, mashed up
1/2 cup butter (1 stick)
1/2 cup honey
1/2 cup brown sugar
1/2 tsp vanilla
2 eggs (room temperature)
1/4 tsp baking soda
1 tsp baking powder
1/3 tsp cinnamon powder
1/4 tsp salt
1 1/4 cups flour
1/2 cup oats
1 cup chopped walnuts

DIRECTIONS

Preheat your oven to 350°F. In a large mixing bowl or the bowl of a stand up mixer, add the mashed bananas (over ripe bananas are best), a stick of butter, the honey, brown sugar, vanilla, eggs, baking soda, baking powder, cinnamon powder and salt.

Using the paddle attachment on medium speed, mix all the ingredients together, until they're combined. Don't worry too much if there are a few banana lumps here and there.

Add the flour and oats and barely mix to come together (you can hand mix this).

Add 3/4 cup of the chopped walnuts and fold in with a spatula or wooden spoon. You really don't want to over beat this batter once you add the flour and oats to it, that's what keeps the bread moist and crumbly.

Pour the batter into a loaf tin and sprinkle the left over nuts over the top.

Bake at 350°F for 40-45 minutes. Check with a toothpick to see if the bread is done. If the toothpick comes out clean after poking it through the center of the cake, it's done.

Cool for a few minutes, then serve warm.