

Classic Banana Bread

Recipe adapted from [Cooking Light](#)

Ingredients:

2 cups all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt
1 cup sugar
1/4 cup butter, softened
2 large eggs
1 1/2 cups mashed ripe banana (about 3 bananas)
1/3 cup plain low-fat yogurt
1 teaspoon vanilla extract
1 cup of optional "add ins" if you'd like, nuts, chocolate chips, etc.

Preparation

1. Preheat oven to 350°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk.
3. Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. At this point, I usually let it sit at room temperature for about 15-20 minutes to thicken up, this helps prevent the add ins from sinking to the bottom. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray or lined with parchment paper. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.