



## High Altitude Homemade Banana Bread Recipe

This delicious banana bread recipe is a great way to use up any old bananas!

### Equipment

- Glass loaf pan



### Ingredients

- 3 large eggs
- 1 1/2 cups mashed banana (about 3-4 medium bananas)
- 2 cups flour plus 2 tablespoons
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 1/4 tsp salt
- 1 tbsp cinnamon
- 1/8 tsp nutmeg (optional)
- 1 cup sugar minus 1 tbsp
- 1/2 cup avocado oil
- 1 tbsp maple syrup (optional)
- 1 1/2 tsp vanilla extract
- 1/2 cup chopped walnuts



### Instructions



1. Preheat your oven to 350 F.
2. Crack the eggs into a small bowl and set aside.
3. Prepare your bananas. If you are using room temperature bananas, gently mash them in a measuring cup and measure out 1 1/2 cups. If you are using frozen bananas, defrost them first and then measure them.
4. Grease and flour your glass loaf pan.
5. In a small mixing bowl combine the flour, baking powder, baking soda, salt, cinnamon and nutmeg (optional). Mix with a fork until combined.
6. In a large mixing bowl add the sugar, avocado oil, and maple syrup (optional). Mix for a minute on medium speed.
7. Add the eggs to the large mixing bowl and beat for a minute on medium high speed.
8. Add the bananas and vanilla extract to the large mixing bowl and mix until combined.
9. Add in the flour mixture and mix until combined.
10. Add in the walnuts and mix until combined.
11. Hand mix the batter for a few seconds to make sure everything was incorporated.
12. Add the batter to the glass loaf pan and place in the oven.
13. Bake for 1hr 15 min to 1hr 20 min, or until a knife comes out clean. Then remove from the oven and let it cool on a cooling rack for 15 minutes.
14. Gently remove the banana bread, using a knife to pry it away from the sides if necessary. Let it cool completely on the cooling rack.
15. Store the banana bread in an airtight container or sealable plastic bag. It will last 3 days at room temperature or 7 days in the refrigerator. If you want to make it ahead of time, it will last 3-4 months in the freezer.