Classic Banana Bread

When I was about 20 years old, I lost my fantastic banana bread recipe. It was a nut-less recipe, which I prefer. I've tried several in the years since and then gave up. I've thrown away countless ripe bananas over the years. In 2018, I finally found a great recipe! This very simple recipe has a moist texture, and makes 1 loaf. The one downfall? It requires greek yogurt which I don't usually have on hand.

I added the orange or lemon extract which made it even better.

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
zest from one orange or lemon or 1/2 teaspoon of orange or lemon extract

1) Preheat oven to 350°.

2) Lightly spoon 2 cups of flour into dry measuring cups; level with a knife.
In a small bowl, combine the flour, 3/4 teaspoon baking soda and 1/2 teaspoon salt, stirring with a whisk.

3) Place 1 cup of sugar and 1/4 cup softened butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute). Add the two large eggs, 1 at a time and beat well after each addition. Add 1 1/2 cups mashed banana (about 3 bananas), 1/3 cup plain low-fat yogurt, orange or lemon zest (or 1/2 teaspoon of extract of vanilla, lemon or orange-orange is best). Beat until blended. Add flour mixture. Beat at low speed just until moist.

4) Spoon batter into an 8 1/2" X 4 1/2" loaf pan coated with cooking spray.

5) Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean.

6) Cool 10 minutes in pan on a wire rack, then remove from pan and cool completely on wire rack.

Loaf should form a crack down the center as it bakes-a sign that the baking soda is doing its job.