

Super Moist Banana Bread

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-moist-banana-bread-recipe>

Ingredients:

- 3 bananas medium
- 1/2 cup sugar or honey
- 1/4 cup coconut oil
- 1 egg
- 1 1/2 cups all purpose flour or gluten-free flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon canela less if you're not a fan of cinnamon

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 6 grams
8. Sodium: 150 milligrams
9. Sugar: 18 grams

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