

easy banana recipes

for all banana lovers:
25 ridiculously easy, delicious and good recipes to enjoy, indulge...
and Show-off



a FREE eCookBook by Dorena Long

www.easy-banana-recipes.com 

about the Author

I fall into the category of women who cook for convenience. I'm Dorena Long and I'm a work-at-home mother of 3 wonderful kids who keep me busy and grounded every single moment.

I love cooking, eating, but hate washing-up. And I lack patience good cooks naturally have, which is probably why I am always "short-cutting" my way through for the easiest and quickest recipes to cook for my family.

Over the years, I have diligently compiled a list of wonderfully easy and good recipes that has helped me spend less time in the kitchen, and spend more time pursuing other interests like my website, www.easy-banana-recipes.com. I also love travelling, writing, investing, reading and watching reality shows (which I am not very proud of). I can often be found at book stores in Kuala Lumpur whenever I am free.

You can contact me at dorena@easy-banana.recipes.com

For my family...
you are my inspiration.

For All Banana Lovers: 25 Ridiculously Easy, Delicious and Good Recipes to Enjoy, Indulge...*and Show-off*
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Resource Box/SIG line:

Dorena loves trying anything that is big in taste and small in effort. She loves cooking without fiddle or fuss, using simple ingredients, and hates washing up. In her free time she runs her minimalist cooking site, www.easy-banana-recipes.com to share her recipes with *newbie* cooks.

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the easy banana recipes story

This collection of recipes from my website, www.easy-banana-recipes.com, use very easy mixing methods to create a delicious spread of desserts including quick breads, cakes, muffins, scones, cookies and many more. No fancy techniques, no fancy equipment, just a mixing bowl, a wooden spoon, a mixer and some simple ingredients. It's basically designed for the most uncoordinated chef. I hope my easy recipes will inspire you to start your journey into fun cooking for your loved ones. And somehow, show-off your cooking skills...enjoy!



with love, Dorena

P.S. If you find this recipe book useful, please share it with your loved ones. Or better still, send them the link to www.easy-banana-recipes.com so they can download their own copy.

moist sour cream banana bread

Makes: 1 loaf

Preparation time: 15 minutes

Baking time: 1 hour

What You Need

3 over-ripe medium (1 cup) bananas, mashed
1 1/2 cups self-raising flour
1 teaspoon baking soda
1/2 cup butter, melted
3/4 cup brown sugar, firmly packed
2 eggs, beaten
2/3 cup sour cream
1 teaspoon vanilla essence
Pinch of salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in eggs, sour cream, vanilla, and mix.
4. Add in sugar, baking soda, salt and mix.
5. Add flour last and mix until just combined.
6. Pour mixture into a greased and floured bread loaf pan.
7. Bake for 45 minutes or until a wooden pick comes out clean.
8. Allow to cool before removing from pan.
9. Glaze with icing or whipped cream, and sprinkle with mixed peel, if desired.

Variations

This recipe is so versatile, you can add almost anything to it. Try adding 1/2 a cup of chocolate chips, nuts, raisins, dates or anything else you like to the mixture. Remember to stir them in last, just before pouring the mixture into the pan.



healthy wholemeal banana coconut bran bread

Makes: 1 loaf

Preparation time: 15 minutes

Baking time: 1 hour

What You Need

- 2 over-ripe medium (2/3 cup) bananas, mashed
- 1 1/2 cups wholemeal self-raising flour
- 1/4 cup unprocessed bran
- 1/2 cup butter, melted
- 3/4 cup brown sugar, firmly packed
- 3 eggs, beaten
- 1/2 cup milk
- 1/3 cup shredded coconut

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in eggs, milk, coconut, and mix.
4. Add in flour, bran and sugar, and mix until just combined.
5. Pour mixture into a greased and floured bread loaf pan.
6. Bake for 1 hour or until a wooden pick comes out clean.
7. Allow to cool before removing from pan.

Variations

Add 1 tablespoon of orange, lemon or lime juice for a nice tangy flavor, or 1 teaspoon of ground cinnamon and nutmeg for a spicy twist.



prune & pecan banana bread

Makes: 1 loaf

Preparation time: 15 minutes

Baking time: 1 hour

What You Need

3 over-ripe medium (1 cup) bananas, mashed
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 cup butter, melted
3/4 cup caster sugar
2 eggs, beaten
1/2 cup prunes, chopped plus more for topping
1/2 cup pecans, chopped
1 teaspoon vanilla essence
Pinch of salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in eggs and vanilla, and mix.
4. Add in sugar, baking soda, salt and flour, and mix until just combined.
5. Lastly, stir in prunes and pecans.
6. Pour mixture into a greased and floured baking pan.
7. Arrange prunes on top.
8. Bake for 1 hour or until a wooden pick comes out clean.
9. Allow to cool before removing from pan.

Variations

You can also decorate whole pecans on top of the mixture just before baking for a beautiful finish.



zucchini banana bread

Makes: 1 loaf

Preparation time: 15 minutes

Baking time: 1 hour

What You Need

3 over-ripe medium (1 cup) bananas, mashed
1 cup fresh zucchini, grated
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 cup vegetable oil
3/4 cup caster sugar
1 egg, beaten
1 teaspoon ground cinnamon
1 teaspoon vanilla essence
1/2 teaspoon salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas, oil, egg, vanilla, and mix.
3. Add in sugar, baking powder, baking soda, salt, and mix.
4. Add flour, and mix until just combined.
5. Lastly, stir in zucchini.
6. Pour mixture into a greased and floured baking pan.
7. Bake for 1 hour or until a wooden pick comes out clean.
8. Allow to cool before removing from pan.

Variations

You can add 1/2 a cup of dried fruits or salted nuts to the mixture. Remember to stir them in last, just before pouring the mixture into the pan.



egg-free banana bread

Makes: 1 loaf

Preparation time: 15 minutes

Baking time: 1 hour

What You Need

4 over-ripe medium (1 1/3 cups) bananas, mashed
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 cup butter, melted
3/4 cup brown sugar, firmly packed
1/2 cup buttermilk
1 teaspoon vanilla essence
Pinch of salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in milk, vanilla, and mix.
4. Add in sugar, baking soda, salt, and mix.
5. Add flour last and mix until just combined.
6. Pour mixture into a greased and floured bread loaf pan.
7. Bake for 1 hour or until a wooden pick comes out clean.
8. Allow to cool before removing from pan.

Variations

This recipe is so versatile, you can add almost anything to it. Try adding 1/2 a cup of dried fruits, chocolate chips, nuts or anything else you like to the mixture. Remember to stir them in last, just before pouring the mixture into the pan.



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