My Favorite Banana Bread

Yield: 1 loaf

2 cups  all-purpose flour ([spoon & leveled](https://sallysbakingaddiction.com/how-to-measure-baking-ingredients/))

1 teaspoon baking soda

1/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 cup (1 stick) unsalted butter, softened to [room temperature](https://sallysbakingaddiction.com/room-temperature-butter/)

3/4 cup packed light or dark brown sugar

2 large eggs, at room temperature

1/3 cup plain yogurt or sour cream

2 cups mashed bananas (about 4 large ripe bananas)

1 teaspoon pure vanilla extract

optional: 3/4 cup chopped pecans or walnuts

Instructions

1. Adjust the oven rack to the middle position and preheat the oven to 325°F (300-degrees if too brown on sides and bottom). Grease a 9×5-inch loaf pan or coat with nonstick spray. Set aside.
2. Whisk the flour, baking soda, salt, and cinnamon together in a large bowl.
3. Beat the butter and brown sugar together on high speed until smooth and creamy, about 2 minutes. On medium speed, add the eggs one at a time, beating well after each addition. Beat in the yogurt, mashed bananas, and vanilla extract on medium speed until combined. With the mixer running on low speed, slowly beat the dry ingredients into the wet ingredients until no flour pockets remain. Do not overmix. Fold in the nuts, if using.
4. Spoon the batter into the prepared baking pan and bake over a cookie sheet for 1-hour 20 minutes or until 205-degrees. Loosely cover the bread with aluminum foil after 30 minutes to help prevent the top and sides from getting too brown. Remove from the oven and allow the bread to cool completely in the pan set on a wire rack.
5. Cover and store banana bread at room temperature for 2 days or in the refrigerator for up to 1 week. Banana bread tastes best on day 2 after the flavors have settled together.