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Banana-Lemon Tea Bread ^{♦♦}

Banana-Lemon Tea Bread is a delicious and moist bread made with ripe bananas and tangy lemon zest. It is perfect for breakfast or as a snack with a cup of tea or coffee. This recipe has been passed down through generations and is loved by all who try it.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	Ripe bananas
200 g	all-purpose flour
150 g	sugar
100 g	butter
2 pieces	Eggs

2 tsp	Lemon Zest
1 tsp	baking powder
0.5 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease and flour a loaf pan.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, mash the ripe bananas with a fork.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, cream together the butter and sugar until light and fluffy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the eggs one at a time, beating well after each addition. Stir in the mashed bananas and lemon zest.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In another bowl, whisk together the flour, baking powder, and salt. Gradually add the dry ingredients to the banana mixture, mixing just until combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the batter into the prepared loaf pan and smooth the top with a spatula.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 60 minutes, or until a toothpick inserted into the center comes out clean. Allow the bread to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 60 mins

Nutrition Facts

Calories: 200 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 22 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	4 g	23.53%	23.53%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	22 g	40%	44%
Fibers	2 g	5.26%	8%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Thanksgiving

Valentine's Day

Mother's Day

Back to School

Barbecue

Picnic

Course

Drinks

Breads

Snacks

Cultural

Chinese New Year

Diwali

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

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