

# Super Moist Banana Bread

**RIPE BANANAS**, Medjool dates, and Greek yogurt give this banana bread its tender, moist crumb and delicious, natural sweetness with zero added sugar. Waiting for the bananas to fully ripen is critical to ensure that their natural sugars have time to develop, so don't rush this step. Your bananas should be dark and speckled. Toasted pecans add an extra layer of sweetness and texture.

## Ingredients

Nonstick cooking spray

10 ounces Medjool dates, pitted  
(about 12 dates)

1/3 cup chopped pecans or walnuts  
(optional)

2 cups hot water

3/4 cup whole milk plain Greek yogurt

2 medium very ripe bananas, mashed  
(about 1 cup)

1 large egg plus 1 large egg yolk, beaten

1 tablespoon pure vanilla extract

1 1/2 cups all-purpose flour

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/3 cup coconut oil or unsalted butter,  
at room temperature

**Serves 10**



## Directions

1. Preheat the oven to 350°F. Line an 8 × 4-inch loaf pan with parchment paper, leaving 2 inches of overhang on each side, and coat with cooking spray.
2. Place the pitted dates in a medium bowl. Cover the dates with 2 cups hot water. Set aside until the dates are softened, about 10 minutes. Drain the dates, reserving 2 tablespoons of the soaking liquid.
3. If using, spread the pecans on a rimmed baking sheet and bake until lightly toasted, about 5 minutes. Set aside to cool.
4. Combine the dates, reserved soaking liquid, and yogurt in a food processor. Process until smooth and no flecks of date remain, about 2 minutes. Transfer the mixture to a medium bowl and add the mashed bananas, egg, egg yolk, and vanilla. Set aside.
5. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and coconut oil in the bowl of a stand mixer fitted with a paddle attachment. Beat on low speed until the coconut oil and flour are a mealy powder, about 30 seconds. Add the date and banana mixture and continue beating until just combined and no visible flour remains.
6. Transfer the batter to the prepared pan, top with the nuts, if using, and bake until the bread is lightly browned and a toothpick inserted into the center comes out clean, 55 to 60 minutes. Let cool in the pan for 15 minutes, then use the parchment overhang to remove the bread from the pan. Cut into 10 slices and serve.

## Make Ahead

The banana bread will keep, tightly wrapped in plastic wrap, in the refrigerator for up to 3 days or in the freezer for up to 1 month.

## Nutrition Information (1 slice):

Calories: 264 | Added sugar: 0 teaspoons or 0g |  
Carbohydrates: 42g | Sodium: 314mg | Saturated fat:  
24% of calories or 7g | Fiber: 3g | Protein: 5g