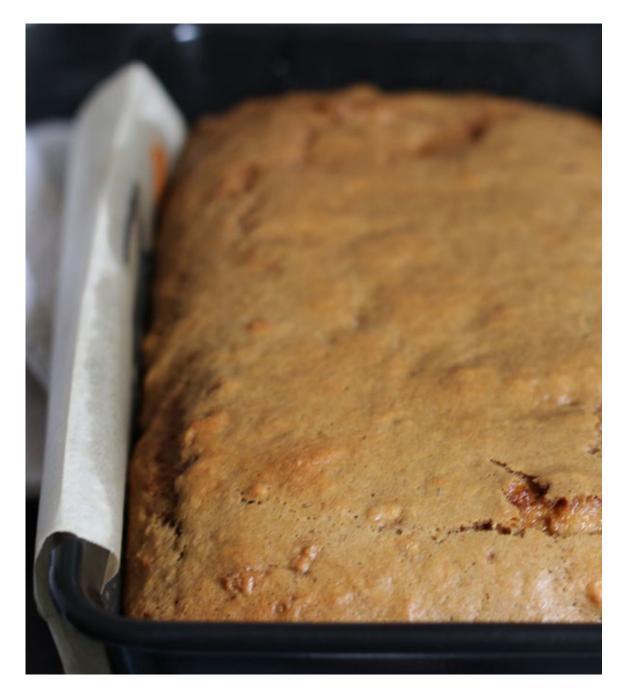# Spicy Banana Bread with Walnuts & Lemon Zest

Because it doesn't matter how healthy people tell you browned bananas are; they're disgusting to eat.

Ingredients

2 cups all-purpose flour
2 tsp cinnamon
1 tsp ground ginger
1/2 tsp nutmeg
1 tsp baking soda
1/4 tsp salt
1/2 cup butter melted
1 cup brown sugar (raw, like muscovado, is best, white or demerara will work if you don't have any)
1 tsp vanilla extract
2 eggs
1 tsp lemon zest
3 - 4 ripe bananas mashed
3/4 cup of chopped walnuts (or pecans work too)

You'll need one 9" x 5" loaf pan and baking parchment or greaseproof paper really helps keep it from sticking.

Prep

Preheat your oven to 350° F (170°C). Oil and line your loaf pan with baking paper, or grease and flour it well.

Mixing

In one bowl, add flour, baking soda, salt and spices. Whisk well to blend thoroughly.

In a second bigger bowl (use metal if you want, then you can melt the butter in it, but make sure to let it cool a little or you'll end up with scrambled eggs) add the sugar, vanilla & lemon zest to the cooled melted butter and stir. Then add the eggs and mix well with a whisk. Finally, add the mashed bananas and stir until all is incorporated.

Add the dry ingredients in two batches. Using a spoon, stir only until the dry ingredients are moistened, then add the second batch of dry ingredients and do the same. You really don't want to over-stir this at all. The minute you aren't seeing any clumps of dry white flour, you're done. Finally, fold in the chopped walnuts.

Pour the batter into the loaf pan. Put in the preheated oven and bake for 1 hour, or until an inserted toothpick comes out clean.

Leave in the pan to cool for 10 minutes, then lift out and allow to cool another 15 on a wire rack.

Recipe by **Remittance Girl**