

Healthy Whole Wheat Banana Bread

Few aromas are as comforting as freshly baked banana bread filling the kitchen. Traditional banana bread is often loaded with refined sugar, butter, and white flour, making it more of a dessert than a nourishing breakfast or snack. This healthier version is naturally sweetened with ripe bananas and a touch of honey, made with whole wheat flour for extra fiber, and uses Greek yogurt to keep every slice incredibly moist without excessive fat. Packed with wholesome ingredients, this banana bread is perfect for breakfast, an afternoon snack, or even a healthy dessert. It's a delicious way to use up overripe bananas while fueling your body with nutrients that support lasting energy.

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Prep Time: 15 minutes

Cook Time: 50 minutes

Total Time: 1 hour 5 minutes

Servings: 10 slices

Ingredients

- 3 large ripe bananas, mashed (about 1½ cups)
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg (optional)
- 2 large eggs

- $\frac{1}{3}$ cup plain nonfat Greek yogurt
- $\frac{1}{4}$ cup honey
- 2 tablespoons pure maple syrup
- 2 tablespoons avocado oil (or melted coconut oil)
- 1 teaspoon pure vanilla extract

Optional Mix-Ins

Choose one or more:

- $\frac{1}{4}$ cup chopped walnuts
- $\frac{1}{4}$ cup chopped pecans
- 2 tablespoons ground flaxseed
- 2 tablespoons chia seeds
- $\frac{1}{4}$ cup dark chocolate chips (70% cocoa or higher)

Instructions

1. Preheat your oven to **350°F (177°C)**. Lightly grease a **9 x 5-inch loaf pan** or line it with parchment paper.
2. In a medium bowl, whisk together the whole wheat flour, baking powder, baking soda, sea salt, cinnamon, and nutmeg.
3. In a separate large bowl, mash the bananas until mostly smooth.
4. Add the eggs, Greek yogurt, honey, maple syrup, avocado oil, and vanilla extract. Whisk until well combined.
5. Gradually stir the dry ingredients into the wet ingredients until just combined. Do not overmix.
6. Fold in any optional mix-ins if desired.
7. Pour the batter into the prepared loaf pan and smooth the top.
8. Bake for **50–55 minutes**, or until a toothpick inserted into the center comes out clean.
9. Allow the banana bread to cool in the pan for **10 minutes**, then transfer it to a wire rack to cool completely before slicing.

Nutritional Facts (Approximate Per Slice)

Nutrient	Amount
Calories	185
Protein	6 g
Carbohydrates	29 g
Fiber	4 g
Total Sugars	10 g
Added Sugars	5 g
Fat	5 g
Saturated Fat	1 g
Cholesterol	38 mg
Sodium	180 mg
Potassium	260 mg
Calcium	6% DV
Iron	8% DV

Nutrition values are estimates and may vary depending on the ingredients and optional mix-ins used.

Why You’ll Love This Recipe

- Soft, moist, and naturally sweet.
- Made with whole wheat flour for extra fiber.
- Sweetened primarily with ripe bananas and a small amount of honey.
- Higher in protein thanks to Greek yogurt.
- Easy to customize with healthy mix-ins.
- Perfect for breakfast, snacks, or meal prep.

Women's Health Benefits

Bananas provide potassium, an important mineral that supports healthy blood pressure, muscle function, and nerve health. Whole wheat flour adds fiber, which promotes digestive health and helps you feel fuller longer. Greek yogurt contributes protein and calcium to support healthy bones and muscles, while cinnamon adds warm flavor without extra sugar. If you add walnuts, flaxseed, or chia seeds, you'll also boost the bread with heart-healthy fats, fiber, and plant-based omega-3 fatty acids.

Recipe Tips

- The riper the bananas, the sweeter and more flavorful your banana bread will be.
- Avoid overmixing the batter to keep the bread soft and tender.
- Let the bread cool completely before slicing to prevent crumbling.
- Store in an airtight container at room temperature for up to 3 days or refrigerate for up to 1 week.
- Freeze individual slices for up to 3 months for an easy grab-and-go breakfast or snack.

Delicious Serving Ideas

Enjoy your banana bread:

- Warm with a thin spread of natural almond butter
- Topped with sliced bananas and a sprinkle of cinnamon
- Alongside plain Greek yogurt and fresh berries
- With a cup of green tea or coffee for breakfast
- As a healthy afternoon snack

Disclaimer: Nutritional values are estimates and may vary depending on the specific ingredients and brands used.