

DESSERT

Easy Banana Brownies

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	15 min	30 min	16	\$0.18	161 kcal



Easy Banana Brownies might be a good recipe to expand your dessert repertoire. This recipe serves 16. One serving contains 196 calories, 2g of protein, and 9g of fat. For 18 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals.

Ingredients

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| ☐ 1 small ripe banana, mashed | ☐ ½ cup butter |
| ☐ 1 large egg | ☐ ¾ cup all-purpose flour |
| ☐ 2/3 cup packed light brown sugar | ☐ ¼ teaspoon salt |
| ☐ 2/3 cup semisweet chocolate chips | ☐ ½ teaspoon vanilla extract |

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Wire rack, Toothpicks

Method

- 1 Preheat an oven to 325 degrees F (165 degrees C). Grease an 8 inch square pan.
- 2 Melt butter in sauce pan over medium-low heat.
- 3 Remove from heat, add chips, and stir until melted. Set aside to cool for 5 minutes.
- 4 Lightly beat the egg in a medium bowl. Stir in the brown sugar, banana, vanilla, and salt.
- 5 Pour the melted chocolate mixture into the banana mixture, and stir until well combined.
- 6 Add the flour, stirring just until incorporated.
- 7 Spread the batter into the prepared pan.
- 8 Bake in the preheated oven until a toothpick inserted near the center comes out with moist crumbs, about 30 minutes. Don't over bake.
- 9 Remove, and cool pan on wire rack before cutting.

Nutrition per serving

161
KCAL

2 g
PROTEIN

9 g
FAT

19 g
CARBS

Saturated Fat	5.4 g · 34% of daily needs
Fibre	0.9 g · 4% of daily needs
Sugar	12.5 g · 14% of daily needs
Sodium	89.9 mg · 4% of daily needs
Cholesterol	27.3 mg · 9% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-banana-brownies-142248