Prep time: 15 minutes • Cook time: 45–55 minutes • Total time: ~1 hour 10 minutes

---

Table of Contents

- Equipment
- Ingredients
- Step-by-Step Instructions
  - Step 1 — Prep (5 minutes | Intensity: Low)
  - Step 2 — Preheat (5 minutes | Intensity: Low)
  - Step 3 — Mix Dry Ingredients (3 minutes | Intensity: Low)
  - Step 4 — Cream Butter and Sugar (4 minutes | Intensity: Medium)
  - Step 5 — Add Eggs and Flavorings (3 minutes | Intensity: Medium)
  - Step 6 — Combine (2 minutes | Intensity: Low)
  - Step 7 — Fill the Pan (1 minute | Intensity: Low)
  - Step 8 — Air Fry (45–55 minutes | Intensity: Medium — check at intervals)
  - Step 9 — Cool (15 minutes | Intensity: Low)
- Timing & Intensity Summary
- Nutrition (per slice, 1 of 10, without nuts)

Equipment

- Air fryer with a 6-quart (5.7 L) or larger basket
- 8 × 4-inch (20 × 10 cm) loaf pan that fits inside your basket (or a 7-inch round cake pan)
- Mixing bowls, whisk, spatula

- Toothpick or skewer for testing

> Important: Check that your loaf pan fits inside the air fryer basket with at least 1 inch of clearance on all sides so air can circulate. If using a smaller air fryer, bake in two mini loaf pans and reduce the time (see Notes).

Ingredients

Dry ingredients

- 1¾ cups (220 g) all-purpose flour
- 1 tsp baking soda
- ½ tsp fine salt
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg (optional)

Wet ingredients

- 3 very ripe medium bananas (about 1 cup / 240 g mashed)
- ½ cup (113 g) unsalted butter, softened
- ¾ cup (150 g) packed light brown sugar
- 2 large eggs, room temperature
- 1 tsp vanilla extract
- ¼ cup (60 g) sour cream or plain Greek yogurt (keeps it moist)
- ½ cup (60 g) chopped walnuts or pecans (optional)

Step-by-Step Instructions

Step 1 — Prep (5 minutes | Intensity: Low)

Mash the bananas in a bowl until mostly smooth with a few small lumps. Lightly grease your loaf pan and line the bottom with parchment, leaving overhang for easy lifting.

Step 2 — Preheat (5 minutes | Intensity: Low)

Preheat the air fryer to 320°F (160°C) for 5 minutes. A lower temperature is key—air fryers run hot and can over-brown the crust before the center sets.

Step 3 — Mix Dry Ingredients (3 minutes | Intensity: Low)

Whisk together flour, baking soda, salt, cinnamon, and nutmeg in a medium bowl.

Step 4 — Cream Butter and Sugar (4 minutes | Intensity: Medium)

Beat softened butter and brown sugar with a whisk or hand mixer until lightened and fluffy, about 3–4 minutes.

Step 5 — Add Eggs and Flavorings (3 minutes | Intensity: Medium)

Beat in eggs one at a time, then add vanilla, mashed banana, and sour cream. Mix until just combined—the batter will look slightly curdled; that’s fine.

Step 6 — Combine (2 minutes | Intensity: Low)

Fold the dry ingredients into the wet in two additions, stirring gently until no dry streaks remain. Overmixing develops gluten and makes the loaf tough. Fold in nuts, if using.

Step 7 — Fill the Pan (1 minute | Intensity: Low)

Pour batter into the prepared pan and smooth the top. Cover loosely with foil—this prevents the top from burning while the center cooks through.

Step 8 — Air Fry (45–55 minutes | Intensity: Medium — check at intervals)

Set the air fryer to 320°F (160°C) and bake:

- Minutes 0–30: Covered with foil, undisturbed.

- Minutes 30–45: Remove foil; rotate the pan 180° for even browning.

- Minutes 45–55: Check every 5 minutes. The loaf is done when a toothpick inserted in the center comes out with a few moist crumbs (not wet batter), and the internal temperature reaches 200–205°F (93–96°C).

Step 9 — Cool (15 minutes | Intensity: Low)

Lift the loaf out using the parchment overhang and cool in the pan for 10 minutes, then transfer to a wire rack. Slice only after 15 minutes of cooling—cutting hot bread makes it gummy.

Timing & Intensity Summary

Stage	Time	Heat Intensity
Prep & mash	15 min	Low
Preheat	5 min	320°F (160°C)
Bake covered	30 min	320°F (160°C)
Bake uncovered	15–25 min	320°F (160°C)
Rest & cool	15 min	None

Nutrition (per slice, 1 of 10, without nuts)

- Calories: ~245

- Total fat: 10 g (5 g saturated)
- Carbohydrates: 36 g
- Sugar: 17 g
- Protein: 3 g
- Fiber: 1 g
- Sodium: 220 mg