

Banana Banana Bread

Ingredients

- * 2 cups all-purpose flour
- * 1 teaspoon baking soda
- * 1/4 teaspoon salt
- * 1/2 cup butter
- * 3/4 cup brown sugar
- * 2 eggs, beaten
- * 2 1/3 cups mashed overripe bananas

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
3. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Nutritional Information

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Servings Per Recipe: 12

Amount Per Serving

Calories: 229

- * Total Fat: 8.8g
- * Cholesterol: 56mg
- * Sodium: 223mg
- * Total Carbs: 34.8g
- * Dietary Fiber: 1.7g
- * Protein: 3.8g

Dillon Martin

Rusk County

Junior - Bread and Cereal