

Banana Bread

*The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber to make this recipe more **heart healthy**.*

Makes: 12 servings

Ingredients

3 large **bananas**, well-ripened

1 **egg**

2 Tbs **vegetable oil**

⅓ cup **milk**, low-fat

⅓ cup **sugar**

1 tsp **salt**

1 tsp **baking soda**

½ tsp **baking powder**

1 ½ cup **flour**



Instructions

1. Preheat the oven to 350°F.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

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