

### **Banana Nut Bread**

1 cup flour	¼ cup buttermilk
1 cup whole wheat flour	1 teaspoon lemon juice
1 ½ teaspoons baking powder	5 large bananas
½ teaspoon baking soda	½ cup sugar
2 eggs	¼ teaspoon salt
5 tablespoons butter	1 cup pecan or walnut halves

Preheat oven to 350 degrees. Grease and flour a 9 ½ by 5 ½ inch loaf pan. In a large mixing bowl, sift flour, whole-wheat flour, baking powder and baking soda. Reserve. In the bowl of the electric mixer, food processor or blender, add eggs, butter, buttermilk, lemon juice, bananas, sugar and salt. Mix or blend until smooth. Slowly add dry ingredients. Fold in nuts. Pour batter into pan and bake 1 hour and 25 minutes or until toothpick inserted comes out clean. Yield: 12 slices

### **Cream Cheese Spread**

4 ounces cream cheese	½ teaspoon vanilla
¼ cup powdered sugar	ground cinnamon to taste
2 tablespoons milk	

In a small mixing bowl, blend softened cream cheese and powdered sugar. Add milk and vanilla; stir until smooth. Place in serving bowl and sprinkle top with cinnamon.

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Junior-Bread and Cereal