

BANANA BREAD

2 eggs	1 ³ / ₄ cup sifted flour
2 teaspoons baking powder	¹ / ₄ teaspoon baking soda
¹ / ₂ teaspoon salt	¹ / ₃ cup vegetable oil
² / ₃ cup sugar	1 cup mashed bananas (about 3 bananas)

Preheat oven to 350 degrees. Beat eggs well in small bowl. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt. In a large bowl, add the vegetable oil. Add the sugar a little at a time, and continue beating the mixture until fluffy. Add the eggs to the mixture in a large bowl, and beat well. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in. Pour mixture into the baking pan. Bake for 70 minutes. Flip your banana bread out of the pan, let it cool for a bit, and cut into slices to eat and share.

Yield: 16 servings. Each serving contains approximately 145 calories.

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