

## Banana Bread

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*Author said you can substitute canola oil for shortening or 1/3 c applesauce to omit oil. Similar recipes also use 1/4 c oil/shortening.*

*I set oven at 350 and then turn down to 325 because so much heat escapes when you open the door to put in the loaf carefully in order to keep the foil collars on.*

1/2 cup	shortening	1/2 tsp	cinnamon
1/2 cup	brown sugar	1 dash	cloves
		3	very ripe/Over ripe
1/2 cup	white sugar		mashed bananas (about 1 1/2c)
2 tsp	vanilla		walnut pieces
1 cup	all-purpose flour	1 cup	
3/4 cup	whole wheat flour		
1 tsp	baking soda		
1/2 tsp	salt		



### Procedure

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- 1 Preheat oven to 350 degrees F (165 degrees C). Lightly grease an 8x4 inch loaf pan. (This can be made in any size pan or muffin tins just adjust the baking time)
- 2 In a large bowl, cream the shortening and sugar and add vanilla.
- 3 In a separate bowl mix the flours, baking soda, spices and salt. After mixed, add to the shortening.
- 4 Blend in the mashed bananas. Once flour is incorporated, stir in the nuts. Mix only enough to coat all ingredients. Pour batter into prepared pan.
- 5 Turn oven down to 325 degrees. Put foil collar around the bread pan so middle is exposed and will cook without overcooking edges.
- 6 Bake in preheated oven for 60 -70 minutes, or until it tests done with a toothpick.

### 3 One Healthy Recipe

Servings: 18

Yield: 18 1/4" slices

Oven Temperature: 325°F

#### **Nutrition Facts**

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Nutrition (per serving): 199 calories, 86 calories from fat, 9.8g total fat, 0mg cholesterol, 137mg sodium, 134.4mg potassium, 26g carbohydrates, 1.7g fiber, 14.2g sugar, 2.6g protein.

#### **Source**

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Author: Modified <http://www.thefreshloaf.com/node/6639/my-favorite-banana-bread-recipe-it-has-no-eggs>