

## **BANANA-NUT BREAD**

### **Ingredients:**

1 cup mashed ripe bananas  
½ cup low-fat buttermilk  
½ cup packed brown sugar  
¼ cup margarine (may substitute with ¼ cup apple sauce)  
1 egg  
2 cups all-purpose flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
½ cup chopped walnuts

### **Directions:**

Preheat oven to 350 degrees Fahrenheit. Lightly oil two, 9-by-5 inch loaf pans. Stir together mashed bananas and buttermilk, then set aside. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well. Mix together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended. Stir in nuts, and pour into prepared pans. Bake for 50 – 55 minutes or until toothpick inserted in center comes out clean. Cool in pans. Remove from pans, cut in ½ inch slices, and enjoy.

Yield: 2 loafs, serving size ½ inch slice.

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