

Basic Banana Bread

Be sure to use overripe bananas for best results.

All-purpose flour	2 cups	500 mL
Baking soda	1 tsp.	5 mL
Salt	1/2 tsp.	2 mL
Butter (or hard margarine), softened	1/2 cup	125 mL
Granulated sugar	1 cup	250 mL
Large eggs	2	2
Mashed overripe banana (about 3 medium)	1 1/2 cups	375 mL
Lemon juice	1 tbsp.	15 mL
Vanilla extract	1 tsp.	5 mL

Measure first 3 ingredients into large bowl. Stir. Make a well in centre. Set aside.

Cream butter and sugar in medium bowl. Add eggs 1 at a time, beating well after each addition.

Add remaining 3 ingredients. Stir. Add to well in flour mixture. Stir until just moistened. Spread in greased 9 x 5 x 3 inch (22 x 12.5 x 7.5 cm) loaf pan. Bake in 350°F (175°C) oven for 55 to 60 minutes until wooden pick inserted in centre comes out clean. Let stand in pan for 10 minutes before removing to wire rack to cool. Cuts into 16 slices.

1 slice: 196 Calories; 7.0 g Total Fat (2.0 g Mono, 0.4 g Poly, 4.1 g Sat); 43 mg Cholesterol; 31 g Carbohydrate; 1 g Fibre; 3 g Protein; 225 mg Sodium

Granola Banana Bread: Add 1/2 cup (125 mL) granola to flour mixture. Add 1/2 cup (125 mL) dark raisins and 1/2 cup (125 mL) chopped walnuts to batter. Sprinkle 1/3 cup (75 mL) granola on loaf before baking. Bake as directed for 60 to 70 minutes.

Chocolate Kissed Banana Bread: Add 1 cup (250 mL) chopped milk chocolate kisses to batter. Bake as directed.

Skinny Monkey Bread: Reduce butter (or hard margarine) to 1/4 cup (60 mL). Reduce sugar to 1/3 cup (75 mL). Increase mashed banana to 2 cups (500 mL). Bake as directed.

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