

Classic Banana Bread

Inspired by a recipe online:

http://www.simplyrecipes.com/recipes/banana_bread/

No need for a speed mixer. Just mix in bowl!

INGREDIENTS:

2 ripe bananas (I don't like the ones that turn to mush when you peel them. If about half the peel is brown, and they're soft but not too squishy, you're good.)

1/3 C melted butter

1 C sugar

1 egg, beaten separately before added

1 t good vanilla extract

½ t salt

1 t baking soda

1 ½ C all-purpose flour

You can add nuts, raisins, or your choice of yummy extras but sometimes I just like it plain with a lot of butter. Or should I say a little banana bread with my butter?)



DIRECTIONS:

Butter a 4 X 8 inch loaf pan although a larger one, 5 X 9 works as well.

Preheat your oven to 350 degrees F.

In a large mixing bowl, mash the bananas. You don't need or want to liquidate the poor things, just mush it up. It will be lumpy. Now, mix in the soda, and salt and stir. Add the beaten egg and vanilla extract, stirring just until incorporated with each addition. Now, add the flour in three stages, stirring each time. Don't overbeat the batter. Just let it come together and get all the flour mixed in. pour into pan and cook for an hour. Although mine was quite done at 50 minutes so watch. I look for that familiar crack that happens on the top of the loaf as well as the loaf pulling away from the sides.

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