



# Classic Banana Bread

**Serves 12**

Rich in fiber and vitamins B6 and C, bananas just may be a super food after all. And if they sit on the counter a bit too long, they can be peeled and placed in a ziptop bag in the freezer until you are ready to use them in our delicious Banana Bread recipe.

## Ingredients

- 3 banana (large, well-ripened)
- 1 egg
- 2 tablespoons vegetable oil
- 1/3 cup milk, fat-free
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour

## Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 degrees.
3. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
4. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
5. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
6. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
7. Pour the batter into the bread pan.
8. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
9. Let the bread cool for 5 minutes before removing it from the pan.

## Nutritional Information per serving

Nutrition Facts per serving  
Calories 137  
Fat 3g  
Protein 3g  
Fiber 1g  
Sodium 328mg  
Carbohydrate 26g

## Cook's Notes

The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Using half whole wheat flour is a great way to add fiber to this recipe. Increase cooking time by 30 minutes if you choose to replace half of the flour with whole wheat flour.

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