

Ridiculously Simple Banana Bread
Adapted from *Mama Never Cooked*
Like This, 1980



This is truly the simplest and very healthy.

1/ ¼ cups	Flour – I mix AP flour with whole wheat, and usually throw in some extra bran, ground flax seeds, ground nuts, whatever to add value, as long as it's not much more than 1.25 cups
1 tsp	Baking soda
2	Eggs (lower fat by using 1 egg and 2 egg whites)
½ cup	Oil (I use 1/3 cup oil and the rest low fat plain yogourt)
½ cup	White sugar – the recipe actually calls for 1 cup but I find ½ more than sweet enough
2	Ripe bananas, smashed
¼ cup	Chopped walnuts

1. In large measuring cup, mix together the flour and baking soda.
2. In a medium bowl, smash bananas and mix in oil, sugar, eggs and walnuts.
3. Pour dry ingredients into wet and mix well.
4. Place in a greased loaf pan and bake in oven at 350 degrees for one hour.