

# Banana Bread (Blueberry-Banana Bread)

## Description

Low-Fat

## Summary

**Yield:** 2

**Prep Time:** 5 minutes

**Category:** Breads

## Ingredients

- 1 1/4 cups sugar
- 1/2 cup Butter or Stick margarine, softened
- 2 large eggs
- 1 1/2 cups mashed very ripe bananas (3 medium)
- 1/2 cup buttermilk
- 1 tsp vanilla
- 2 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup chopped nuts (if desired)

## Instructions

1. Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 350 degrees. Grease bottoms only of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 inches, or 1 loaf pan, 9 x 5 x 3 inches, with shortening.
2. Mix sugar and butter in large bowl. Stir in eggs until well blended. Stir bananas, buttermilk and vanilla; beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts. Divide batter evenly between pans.
3. Bake 8-inch loaves 50-60 minutes, 9-inch loaf 1 hour 10 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes in pans on wire rack.
4. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

\*if using self-rising flour, omit baking soda, salt and baking powder.

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\*spreads with at least 65% vegetable oil can be used

### Notes

#### **Blueberry-Banana Bread**

Omit nuts. Stir 1 cup fresh or frozen blueberries into batter.