

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.

*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.