

Apple Banana Bread

Julie Gawle

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 2 loaves

4 apples, finely chopped
lemon juice
3 large ripe bananas,
mashed
1/2 cup butter or margarine
2 cups sugar
2 large eggs
3 cups flour
1 1/2 teaspoons baking
powder
1 1/2 teaspoons baking
soda
1/2 teaspoon salt
1 teaspoon brandy flavoring

Core and pare the apples. Chop them fine. Sprinkle with a little lemon juice to prevent discoloration.

Add the mashed bananas to the apples. Mix well.

In a bowl, cream the butter to a consistency of mayonnaise. Add the sugar while continuing to cream. Add the eggs, beating well after each addition. Stir in the apples and bananas.

In a bowl, mix and sift the flour, baking powder, baking soda and salt. Stir in the brandy flavoring. Mix well.

Spoon the mixture into two greased and floured 8x5x3-inch loaf pans.

Bake at 325 degrees for one hour.

Remove from the pans. Cool on a rack.

Per Serving (excluding unknown items): 4203 Calories; 108g Fat (22.7% calories from fat); 53g Protein; 772g Carbohydrate; 26g Dietary Fiber; 672mg Cholesterol; 4773mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 5 1/2 Fruit; 19 Fat; 27 Other Carbohydrates.