

# Banana Bread III

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*3 large ripe bananas  
1 egg, well beaten  
1 cup sugar  
3 tablespoons butter,  
melted  
2 cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup chopped nuts  
3/4 teaspoon (about one  
lemon) grated lemon rind*

Preheat the oven to 350 degrees.

In a bowl, mash the bananas well. Mix with the beaten egg. Add the sugar and mix. Add the melted butter. Stir well. Add the lemon rind.

In a bowl, sift together the flour, baking soda and baking powder. Add to the banana mixture. Add the nuts. Pour the mixture into a greased 5x9-inch loaf pan.

Bake for one hour. (If using two small pans, bake for 40 minutes.)

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Per Serving (excluding unknown items): 2506 Calories; 82g Fat (28.9% calories from fat); 44g Protein; 408g Carbohydrate; 15g Dietary Fiber; 305mg Cholesterol; 3248mg Sodium. Exchanges: 13 1/2 Grain(Starch); 2 Lean Meat; 0 Fruit; 14 1/2 Fat; 13 1/2 Other Carbohydrates.