

# Banana Bread Oklahoma

delores Billings - Tulsa, OK

Treasure Classics - National LP Gas Association - 1985

**Yield: 1 loaf**

*1 1/2 cups all-purpose flour*  
*1/2 cup sugar*  
*2 teaspoons baking powder*  
*1 teaspoon baking soda*  
*1/2 teaspoon salt*  
*1/2 cup wheat germ*  
*3 medium (one cup) very ripe bananas, mashed*  
*1/4 cup buttermilk*  
*1/4 cup oil*  
*4 egg whites*

**Preparation Time: 30 minutes****Bake Time: 1 hour**

In a bowl, sift together the flour, sugar, baking powder, baking soda and salt. Mix in the wheat germ.

Add the bananas, buttermilk, oil and egg whites. Beat until well blended.

Place the batter into an oiled 8x4 inch loaf pan.

Bake for one hour or until done in a preheated 350 degree oven.

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Per Serving (excluding unknown items): 1855 Calories; 62g Fat (30.0% calories from fat); 49g Protein; 279g Carbohydrate; 13g Dietary Fiber; 2mg Cholesterol; 3595mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Non-Fat Milk; 11 Fat; 7 Other Carbohydrates.