

Banana Nut Bread

Mrs Mike Leith

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1/2 cup cooking oil
2 eggs, beaten
2 cups flour
1/2 teaspoon baking powder
3 tablespoons milk
1/2 cup chopped nuts
1 cup sugar
3 ripe bananas, mashed
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon vanilla*

Preheat the oven to 350 degrees.

In a bowl, beat the oil and sugar together. Add the eggs and banana pulp. Beat well together.

In a bowl, sift together the flour, baking powder, sugar, baking soda and salt. Add the sifted ingredients to the banana mixture. Add the milk and vanilla. Mix well. Stir in the nuts.

Pour the batter into a greased and floured 9x5x3-inch loaf pan.

Bake for about one hour.

Cool well. Store overnight before cutting.

(Good with cream cheese for tea sandwiches.)

Per Serving (excluding unknown items): 3269 Calories; 163g Fat (44.3% calories from fat); 52g Protein; 410g Carbohydrate; 14g Dietary Fiber; 430mg Cholesterol; 2745mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 30 Fat; 13 1/2 Other Carbohydrates.