

Banana-Bran-Nut Bread

Cookbook Committee

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

Yield: loaves

1/2 cup butter or margarine

2 eggs

3 cups flour

2 cups bran

2 cups nuts, chopped

1 cup sugar

3 cups bananas, mashed

5 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

Preheat the oven to 375 degrees.

In a bowl, cream the butter and sugar.

In a bowl, beat the eggs until light. Add to the butter mixture.

In a bowl, mash the bananas. Blend with the creamed mixture.

In a bowl, sift together the flour, bran, baking powder, baking soda and salt. Mix quickly into the banana mixture. Add the nuts.

Pour the batter into two greased loaf pans.

Bake for 60 to 75 minutes.

Per Serving (excluding unknown items): 5754 Calories; 274g Fat (40.2% calories from fat); 125g Protein; 790g Carbohydrate; 105g Dietary Fiber; 672mg Cholesterol; 6955mg Sodium. Exchanges: 27 1/2 Grain(Starch); 6 1/2 Lean Meat; 10 1/2 Fruit; 48 1/2 Fat; 14 Other Carbohydrates.