

# Quick Banana Bread

*Mrs James R Grady*

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

*1 cup sugar  
1 cup mashed bananas  
1 teaspoon baking soda  
1 1/2 cups flour  
1/2 stick butter  
1 egg  
1 tablespoon water  
1/2 cup copped pecans*

Preheat the oven to 325 degrees.

In a bowl, cream the sugar and butter together.  
Add the bananas and egg, mix ing well.

In a bowl, dissolve the baking soda in water.  
Add to the banana mixture.

Add the flour and pecans. Beat until smooth.  
Place the batter in a loaf pan.

Bake for 45 minutes or until a toothpick inserted  
in the center comes out clean.

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Per Serving (excluding unknown items): 2144 Calories; 54g Fat (22.2% calories from fat); 28g Protein; 396g Carbohydrate; 11g Dietary Fiber; 336mg Cholesterol; 1805mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 3 1/2 Fruit; 9 1/2 Fat; 13 1/2 Other Carbohydrates.