

THE ABSOLUTE BEST BANANA BREAD

Ingredients

- 1 stick (1/2 cup) butter, melted
- 3 large ripe (over ripe) bananas
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt (can use as little as a 1/4 tsp)
- 1/2 teaspoon cinnamon (can use more, to taste)
- 1 cup chopped nuts (I use walnuts)

Directions

Preheat oven to 350 degrees F. Spray 9x5 loaf pan (standard size) with non-stick cooking spray or grease it with butter. Set aside.

Add melted butter and bananas to a large bowl and mash with fork. Add vanilla and egg to the bowl and stir until well blended.

In a second bowl, whisk together dry ingredients. Add the dry ingredients to the wet ingredients. Mix until just combined (Do NOT over mix).

Pour batter into prepared pan and bake for 50-60 minutes until a toothpick inserted into center comes out clean and the top springs back when you push it with a finger.

Nutrition for the entire loaf with the ingredients as listed above.

Cut loaf into slices then divide the total calories by the number of slices.

Calories	3767
	% Daily Value*
Total Fat 179.6g	230%
Saturated Fat 66.5g	332%
Cholesterol 616mg	205%
Sodium 3227mg	140%
Total Carbohydrate 498.7g	181%
Dietary Fiber 26.5g	95%
Total Sugars 253.4g	
Protein 74g	
Vitamin D 99mcg	493%
Calcium 227mg	17%
Iron 19mg	103%
Potassium 2555mg	54%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	