

Banana Bread

(Melt- in- your- mouth delicious.)

- ¼ cup butter flavored Crisco shortening
- ¼ cup butter, softened
- 1 cup sugar
- 2 cups all- purpose flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 2 eggs
- 3 medium sized very ripe bananas (or 4 – 5 small)
- 1/3 cup buttermilk
- ¼ cup coarsely chopped, toasted walnuts or pecans (optional)

1. Preheat oven to 350 degrees. Generously butter a 9"x5"x2" loaf pan.
2. Cream shortening, butter, and sugar.
3. In a separate bowl, combine flour, salt, baking powder, and baking soda. Add to creamed mixture and combine. This will look like coarse crumbs when combined thoroughly.
4. In a medium mixing bowl, break peeled bananas into pieces. Mash with a potato masher or fork. Add eggs and buttermilk. Combine.



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5. Add banana mixture into crumb mixture and mix well. Add nuts if using and combine.
6. Pour batter into prepared loaf pan.
7. Bake in preheated oven for 35 – 40 minutes or until wooden toothpick inserted in center comes out clean. Cool in pan on cooling rack for about 10 minutes. Remove from pan and continue cooling.

For banana muffins:

Follow recipe above. Butter muffin tin. Divide batter evenly filling about 2/3 full. (There may be just a little batter left over.) Reduce baking time to about 25 – 30 minutes or until tester comes out clean.

For a special sweet treat:

Frost the loaf or muffins with banana cream cheese frosting: Combine 8 oz. cream cheese, ¼ cup softened butter, and 3 teaspoons pure vanilla extract until smooth. Add ½ small very ripe smashed banana. Combine. Add 6 cups or more powdered sugar, one cup at a time until frosting is of spreadable consistency. Frost loaf or

muffins generously and enjoy.



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