

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

¾ 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.

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, ¾ 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.

