Banana Bread

1 1/4 cups sugar

1/2 cup vegetable oil

2 eggs

1 1/2 cups mashed or pureed,
very ripe bananas (3 to 4 medium)

1/2 cup buttermilk

1 teaspoon vanilla

2 ½ cups all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

1 cup chopped walnuts or pecans,
if desired

Directions:

- Heat oven to 350°F. Pan grease bottom and sides of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 inches, or 1 loaf pan, 9 x 5 x 3 inches.

- Mix sugar and oil in large bowl. Stir in eggs until well blended.

- Add bananas, buttermilk and vanilla. Beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts. Pour into pans.

- Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 1/4 hours, oruntil toothpick inserted in center comes out clean.

- Cool 10 minutes and remove from pans and place top side up on wire rack

www.BlueRidgeCTC.edu

304.260.4380

ACADEMY OF HOSPITALITY AND CULINARY ARTS

BlueRidge
COMMUNITY
AND TECHNICAL
COLLEGE