

Banana Bread



Prep: 20 minutes

Cook: 1 hour and 20 minutes

Yield: One 9x5" loaf

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs lightly beaten
- 1 cup sugar
- 3 large, very ripe bananas mashed
- 1/2 cup canola oil

Slice and serve with plain yogurt for a great breakfast option.



Optional

Add 1 teaspoon of ground cinnamon for an added warm flavor. Toss in 1/2 cup of chopped walnuts that add flavor and extra protein.

1. Pre-heat the oven to 350°.
2. Butter and flour a 9-by-5-inch loaf pan. In a medium bowl combine the flour, baking soda, baking powder and salt. In a large bowl, beat the eggs and sugar until pale yellow. Stir in the mashed bananas and oil. Stir in the flour mixture, in three additions, until well combined.
3. Pour the batter into the prepared pan and bake for about 50 minutes, until the bread is golden and a toothpick inserted into the center comes out clean. Transfer the pan to a rack and let cool for 15 minutes and then turn the bread out onto the rack and let cool completely.

Chef's Notes: Slice and serve with plain yogurt for a great breakfast option.