

Banana Bread

Dry ingredients

2 C flour (I use whole wheat for better health)
1 t baking soda
1 t salt
1 T cinnamon

Wet ingredients

1/2 C butter
1 C granulated sugar
2 ripe bananas (if small bananas, use 3 bananas. If green/not ripe bananas, microwave for 2-3 minutes)
2 eggs

2 ripe apples or pears (if small apples or pears then use 3)

1. Preheat oven to 300°F. Grease & flour 2 loaf pans. Pour excess flour into dry ingredients.
2. Whisk/sift dry ingredients. Set aside.
3. In a large bowl (a bowl with high sides if you use an electric hand mixer.) mix the wet ingredients in order listed until thoroughly blended. (apples/pears are not wet ingredients. IF green bananas from the microwave, they will melt the butter mixture. Let mixture cool for about 10-15 minutes before mixing eggs into mixture.)
4. Add the dry ingredients to the wet, mix well, scraping sides.
5. Dice apples/pears and mix into bread mix.
6. Pour into baking dishes. Eye even is fine.
7. Bake approximately 55-70 minutes (pears need to bake a little longer than apples), using a cake tester or toothpick to check for doneness.
8. MUST cool in the pan for a minimum of 15 minutes otherwise the bottom half of the bread sticks in the pan! Turn out onto wire rack for additional cooling time.