Banana Bread

Ingredients:
3 bananas (large, well-ripened) 
1 egg 
2 tablespoons of vegetable oil 
1/3 cup milk 
1/3 cup sugar 
1 teaspoon salt 
1 teaspoon baking soda 
1/2 teaspoon baking powder 
1 ½ cup flour

Instructions:
1. Preheat the oven to 350 degrees. 
2. Peel the bananas. Put them in a mixing bowl. 
   Mash the bananas with a fork. 
3. Add the egg, oil, milk, sugar, salt, baking soda, 
   and baking powder. Mix well with the fork. 
4. Slowly stir the flour into the banana mixture. 
   Stir for 20 seconds until the flour is moistened. 
5. Lightly grease the bread pan with a little oil 
   -OR- cooking spray -OR- line it with wax paper. 
6. Pour the batter into the bread pan. 
7. Bake for 45 minutes until a toothpick inserted 
   near the middle comes out clean. 
8. Let the bread cool for 5 minutes before remov- 
   ing it from the pan. 

Nutrition Information:
Serving size: 1 slice   Carbohydrates: 25g 
Total calories: 136   Dietary fiber: 1g 
Total fat: 3g       Sugars: 10g 

Cost:
Per recipe: $1.13 
Per serving: $0.09 

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