

Idiot's Kitchen – Banana Bread

Recipe from www.idiotskitchen.com



Ingredients:

½ Cup (1 stick) butter, softened at room temperature
1 Cup Sugar
2 Eggs
1 ½ cups mashed ripe bananas – about 4 bananas
2 Cups Flour
½ teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
½ - 1 cup chopped nuts (black walnuts are especially good)

Pre-heat the oven to 300 degrees.

Cream the softened, room temperature butter, sugar and eggs until smooth and light yellow.

Add the smashed bananas and mix in.

In a separate bowl, sift the flour, salt, baking soda and baking powder. Working with the mixer on low, slowly add the dry ingredients to the butter/banana mixer. Mix only until the flour is incorporated. Do not over mix.

Stir in ½ to 1 cup chopped nuts.

Pour batter into greased loaf pans. Bake at 300 degrees for 45 minutes (small pans) to 1 hour – 1 hour fifteen minutes (large pans).

Allow bread to rest in pans for 5 – 10 minutes before removing to a cooling rack.