



Banana Bread

YIELD: Makes 3 Mini Loaves

Banana bread is a favorite healthy snack for both adults and kids, and a great way to keep your overripe bananas from going to waste. Adding walnuts and buttermilk gives it a fresh twist and delicious new flavor

Bake Mode - 40-45 min

PREPARATION METHOD

BEFORE YOU START: Overripe bananas give great flavor to this bread. Older bananas can be frozen and saved for making this recipe. The buttermilk gives the bread a slight tang in the flavor as well. Don't have buttermilk? Use regular milk and add ¼ teaspoon white vinegar to it. Let it stand for 15–20 minutes and then proceed with the recipe using the “soured” milk in the place of the buttermilk.

1. Preheat the oven to 350°F on Bake Mode with a rack set on position 3.
2. Prepare three small loaf pans (5½x3) with pan spray.
3. Cream together the shortening, margarine, and sugar by hand, or in the bowl of a stand mixer on medium speed for two minutes.
4. Add in the egg, egg whites, mashed banana, milk, vanilla, and cinnamon.
5. In a separate bowl whisk together flour, kosher salt, baking powder, and baking soda.
6. Combine the wet ingredients into the dry.
7. Mix together just until combined.
8. Fold in the walnuts.
9. Divide batter evenly between the three loaf pans.
10. Bake until center of the bread is firm to the touch and a toothpick comes out clean - about 40-45 minutes.
11. After baking, allow to cool for 10 minutes, then remove the loaves from the pans and cool completely on a wire rack.

INGREDIENTS

- ¼ cup shortening
- ½ cup margarine, room temp
- 1 cup granulated sugar
- 1 large egg
- 2 large egg whites
- 2 cups all-purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 tablespoons buttermilk
- 1½ cups mashed bananas (about 4)
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ cup walnuts, chopped small