



BRIGETTE'S BANANA BREAD

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DIRECTIONS:

1. Preheat oven 350'
2. Cream butter and sugar add eggs and beat with electric mixer (1min) until light and fluffy.
3. In a separate bowl mix flour, baking soda/powder, salt
4. Add flour mixture to egg mixture stir just a few times *mixture will be very dry-that's ok
5. Add the mashed bananas, yogurt/sour cream, vanilla & choc. chips to the mix & stir until just mixed.
6. Pour into pan ** sprinkle the top of batter with 1 Tbsp brown sugar.
7. Bake for 50-60mins. or until toothpick comes out clean.
8. Makes 1 large loaf or 1 & 1/2 dozen muffins (if making muffins reduce bake time 20-30min).
9. Store over-ripe bananas in the freezer, just thaw before making banana bread *the riper the sweeter the better.
10. Enjoy

INGREDIENTS:

2 eggs

1 cup sugar (white or brown)

½ cup butter softened (OR reduced fat option *use ¼ cup apple sauce & ¼ cup butter)

1 tsp vanilla

2 cups flour (Whole wheat option *substitute 1 cup of flour with whole wheat flour)

1 tsp. baking soda

1 tsp baking powder

1 tsp salt

4 RIPE bananas mashed (4 large or 5 small)

2 Tbsp Vanilla yogurt or sour cream (not the low fat kind)

½ -1 cup chocolate chips &/or chopped pecans