Banana Bread

Amount 1 loaf

Ingredients

- 2 1/2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 3 1/2 tsp baking powder
- 1 tsp salt
- 3 tbsp vegetable oil (substitute applesauce if possible)
- 1/3 cup milk
- 1 egg
- 1 1/4 cup mashed bananas (2-3 medium bananas)

Steps

1. Heat oven to 350 F.
2. Grease bottom only of loaf pan, 9x5x3 inches.
3. Mix all ingredients; beat 30 seconds.
4. Pour into pan. Bake until wooden pick inserted in center comes out clean, about 65-70 minutes.
5. Cool slightly; loosen sides of loaf from pan and remove from pan.
6. Cool before slicing. To store, wrap and refrigerate no longer than 1 week.

Notes

Mix in nuts or dried berries if you like that sort of thing. Or, substitute mashed carrot for half the banana, replace 1/4 cup flour with 1/2 cup oats, replace the eggs with flax seed (and add a little extra flax seed) for a healthy variant!