

Mom's Banana Bread

My mother made this a lot when we were kids. God knows where she got the recipe, but it is still my favourite. She always spread a little butter on the slices. It's fat free!

3 very ripe bananas
¾ cup sugar
2 eggs, lightly beaten
2 cups of unbleached flour (you can use a bit of wholewheat if you like)
1 tsp. salt
1 tsp. baking soda
½ cup chopped walnuts, pecans or even hazelnuts

Preheat oven to 325 F.

Either grease & flour a metal loaf pan, or spray with cooking spray (I'm voting for the cooking spray!)

Mash the bananas using a fork & place in a large bowl. Sift the flour together with the salt & soda. Add the beaten eggs, sugar and sifted flour mixture to the bananas & gently fold together, adding the nuts just before everything is combined, making sure not to over mix.

Place batter into the prepared loaf pan and bake 1 hour, checking to see if it is ready 10 minutes before the hour is up. Test by inserting a skewer into the middle of the loaf; if it comes out clean it is done. Remove from oven and let cool on a cooling rack. Cut into slices to serve.