

# Banana Bread

The bananas in this easy quick bread help keep it moist. For a ready-any-time snack, seal individual slices of the bread in small freezer bags and stash them in the freezer.

## WHAT YOU NEED

- 3 ripe bananas
- 1 cup sugar
- ½ cup butter, softened
- 2 eggs
- 3 tablespoons buttermilk
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups gluten-free all-purpose flour such as Domata Living™ Flour

## HOW TO MAKE THE BREAD

**1** Preheat oven to 350°F. Grease a 9x5-inch loaf pan. Set aside. Peel and lay bananas in a shallow dish or plate. Using a fork, mash the bananas until all small pieces are softened. See Photo A.



- 2** In a large mixing bowl combine sugar and butter. Using a mixer, beat until creamy. See Photo B. Add eggs and mashed bananas. In a small bowl mix buttermilk, baking powder, baking soda, and salt. See Photo C. Add to butter mixture and mix well.
- 3** Add flour mixture to butter mixture and mix well. See Photo D. Pour into prepared loaf pan. Bake about 45 minutes or until a wooden toothpick comes out clean when inserted in the center. Serves 10.



Bananas are a nutrition bargain. With only 90 calories each, they are a great source of nutrients such as the B-complex vitamins, vitamin C, potassium, manganese, and magnesium. One banana also provides 11 percent of the daily recommended requirement of fiber.

### NUTRITION PER SERVING:

327 calories, 11g fat, 6g saturated fat, 67 mg cholesterol, 317 mg sodium, 56g carbohydrate, 2g fiber, 4g protein