

# Banana Bread

## Ingredients

1 ¼ Cups all-purpose flour  
¼ cup wheat flour  
1 teas baking soda  
1 teas salt  
1/3 cup shortening  
½ cup + 2 T light brown sugar  
2 eggs  
1 cup (2-3) mashed ripe bananas  
½ cup milk  
½ cup chopped nuts

Oven 350°

## Mise en place! (Everything in its place)

### Directions

1. Sift together flour, soda and salt in small bowl.
2. Cream shortening and sugar.
3. Add eggs and bananas, beat 2 minutes.
4. Using medium speed, alternately add flour mixture and milk, beating until smooth.
5. Stir in nuts.
6. Pour into greased 9x5x3 Loaf pan.
7. Bake 1 hour or until done (top will spring back when lightly touched). Cool in pan. Remove from pan and wrap tightly in plastic wrap. Store for several hours or overnight before slicing – this will make slicing easier and develop the full flavor.

[Link to Video](#)