

Banana Nut Loaf

Rhoma Krischke

Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009

*1 cup sugar
1/2 cup butter, melted
2 tablespoons sour milk (2
tbsp milk and 1/4 tsp
vinegar)
2 cups flour
2 medium ripe bananas,
mashed
2 eggs
1 teaspoon baking soda
1/2 cup (or less) chopped
pecans*

Preheat the oven to 325 degrees.

In a bowl, mix all of the ingredients together.

Pour the batter into a greased loaf pan.

Bake for 50 to 60 minutes.

Per Serving (excluding unknown items): 3042 Calories; 145g Fat (42.2% calories from fat); 44g Protein; 402g Carbohydrate; 12g Dietary Fiber; 672mg Cholesterol; 2343mg Sodium. Exchanges: 13 Grain(Starch); 2 Lean Meat; 27 Fat; 13 1/2 Other Carbohydrates.