



## Banana Nut Bread



MAKES 14 SLICES

### INGREDIENTS:

1½ cups flour  
1 teaspoon baking soda  
¼ teaspoon salt  
½ teaspoon nutmeg  
¼ cup butter, melted

½ cup brown sugar  
½ cup sugar  
1 egg, beaten  
1¼ cups bananas, mashed (about 3 medium bananas)  
1½ cups walnuts, roughly chopped

### INSTRUCTIONS:

1. Set the oven rack in the middle position.
2. Preheat the oven to 350°F.
3. Line the bottom and ends of a 9 x 5 x 3 loaf pan with a single strip of wax or parchment paper.
4. Coat the pan and paper liner with vegetable spray.
5. Sift together flour, baking soda, salt and nutmeg.
6. Cream butter, brown sugar and sugar in a mixer fitted with the paddle attachment.
7. Add egg and bananas and combine. Add sifted dry ingredients. Fold in nuts.
8. Pour batter into loaf pan.
9. Bake 50 to 55 minutes, or until tester inserted into loaf comes out clean. Cool on rack.

### NOTES:

- \* Serve with butter and orange marmalade.
- \* Store covered with a paper towel and wax paper at room temperature.