



Banana Bread

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Banana Trivia

- Bananas are America's # 1 fruit.
- Over 50% of the bananas eaten are part of the breakfast meal.
- A banana contains Vitamin C, potassium, and dietary fiber.
- Bananas do not contain sodium, fat, or cholesterol.
- As bananas ripen, the starch will turn into sugar. Therefore, green bananas are not very sweet.
- There are 2 main varieties—the sweet kind we eat and the plantain. The plantain is a cooking banana which is eaten with the meal as a vegetable.
- On each stem, about 10 bananas grow. These are called hands, while each banana is called a finger.

Resources:

<http://www.buzzle.com/articles/banana-nutrition-facts.html>

<http://www.cheerios.com/ourCereals/BananaNutCheerios/BananaFunFacts.aspx>

<http://www.banana.com/farming.html>

Ingredients

Ingredients for 1 loaf (7" X 3" Loaf)
1 Tablespoon sugar
1/4 teaspoon ground cinnamon
3 Tablespoons butter
3/4 cup sugar
1 medium egg
1 1/2 very ripe bananas, mashed
4 ounces sour cream
1/2 teaspoon vanilla
1/2 teaspoon cinnamon
1/8 teaspoon salt
3/4 teaspoon baking soda
1 cup plus 2 Tablespoons flour, sifted
1/4 cup chopped walnuts, optional

Directions

1. Preheat oven to 300 degrees F (150 degrees C). Grease one 7x3 inch loaf pan. In a small bowl, stir together 1 tablespoon white sugar and 1/4 teaspoon cinnamon. Dust pans lightly with cinnamon and sugar mixture.
2. In a large bowl, cream butter and 3/4 cup sugar. Mix in egg, mashed bananas, sour cream, vanilla and cinnamon. Mix in salt, baking soda and flour. Stir in nuts. Pour into pan.
3. Bake for 1 hour, until a toothpick inserted in center comes out clean.

Yield: 1 loaf