

# Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 °F.
3. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
4. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
5. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
6. Lightly grease a 8 x 4-inch to 10 x5-inch bread pan with a little oil or cooking spray. Or, line the pan with wax paper.
7. Pour the batter into the bread pan.
8. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
9. Let the bread cool for 5 minutes before removing it from the pan.

## Notes

The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber.

Learn more about:

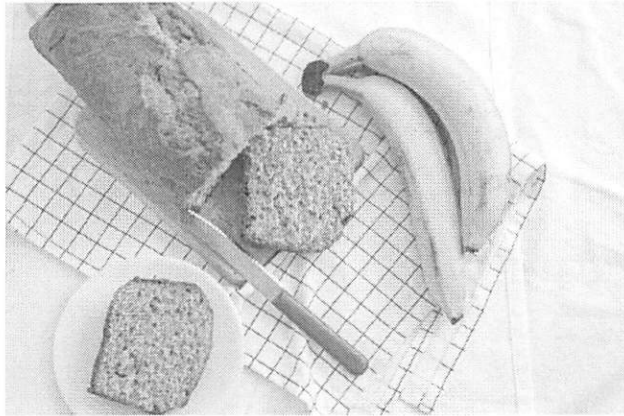
- [Bananas](#)

Source:

Adapted from the Pennsylvania Nutrition Education Network



# Banana Bread



Makes: 12 servings

Total Cost: \$\$\$\$

Feedback

This banana bread recipe packs in 3 large bananas per loaf! It's a terrific way to use over-ripe bananas.

## Ingredients

- 3 large bananas (well-ripened)
- 1 egg
- 2 tablespoons vegetable oil (or cooking oil of choice)
- 1/3 cup skim milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour

Please Note: Nutrition values are subject to change as data is updated



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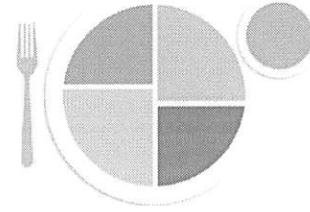
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# Nutrition Information

Serving Size: 1 slice, 1/12 of recipe

# MyPlate Food Groups



## Nutrients Amount

**Total Calories** 137

**Total Fat** 3 g

Saturated Fat 0 g

Cholesterol 16 mg

**Sodium** 328 mg

**Carbohydrates** 26 g

Dietary Fiber 1 g

Total Sugars 10 g

Added Sugars  
included 5 g

**Protein** 3 g

Vitamin D 0 mcg

Calcium 26 mg

Iron 1 mg

Potassium 155 mg

 Fruits 1/4 cups  
 Grains 1 ounces

N/A will display when nutrient data is unavailable