

Banana Bread

2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 cup butter (unsalted or salted)
1 egg
1 cup brown sugar
1/2 cup milk
1 teaspoon vanilla extract
1 pinch salt
3 ripe bananas



1

In a bowl, combine the flour, baking powder and baking soda. Set aside.

2

In a large bowl, combine (in an electric mixer) the butter, egg, brown sugar, milk, vanilla and salt for about a minute, until the colour of the mixture becomes lighter.

3

Mash the bananas well (with your hands, it's more fun!).

4

Add the bananas and the flour mixture (from step 1) to the large bowl and mix well with a wooden spoon.

5

Grease and flour a 9 X 5 inch loaf pan and spread the dough in the pan.

6

Bake at 350 °F for about one hour or until a toothpick inserted in the center comes out clean. Let cool before removing from the pan and slicing.

