

One-Bowl Banana Bread

- 1 1/4 cup sugar
- 1/2 cup butter Room temperature
- 3-4 medium bananas Ripe
- 1/2 cup buttermilk or substitute-see blog
- 1 teaspoon pure vanilla homemade or store purchased
- 2 1/2 cups All-purpose flour Unbleached
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 large eggs-room temperature
- 1/2 cup chocolate chips and nuts are optional



Making Banana Bread

- Mix well, the butter and sugar
- Stir in the eggs and mix until blended
- Using a ricer, press all the bananas
- Stir in the following to the butter and sugar mixture:
 - Bananas, Buttermilk, and Vanilla
- Beat all this until very smooth by hand stirring vigorously
- Blend without over-stirring the following remaining ingredients
 - Just until moistened
 - Flour, salt, and baking SODA (not baking powder)
 - It's perfectly ok if the mixture has a little unblended flour
 - Just break when adding it to the pans

Baking Time

- Grease the bottom only or use parchment paper on the bottom
- Convection oven, use 325 degrees; lowest rack and in the middle
- If using a regular oven, the temperature will be 350 degrees
- Bake according to the bread pan size
- The cooking time will vary and could take as long as an hour
- Start checking for doneness at 45 minutes and 5 minutes thereafter.

More Information

See the blog for more tips, substitutions and ideas!

farmhouse-bc.com