Banana Bread

325ºF
1 loaf

Marinate 3 crushed EXTREMELY ripe bananas in:
- 1 tbsp. honey
- 2 tsp. cinnamon

Sour ¼-cup milk with approximately 1/4 tsp. vinegar (OR USE ¼ CUP BUTTERMILK)
Cream together:
- 1/3-cup softened butter
- ¾-cup sugar

Add:
- bananas
- soured milk
- 2 eggs
- 4 oz. cinnamon flavored applesauce

Sift together:
- 2 cups flour
- 1 tbsp. baking powder
- 1 tsp. baking soda
- pinch of salt

Mix dry and wet ingredients together. Stir in 1 cup of chopped walnuts or pecans if desired.

For a loaf:

Pour batter into a prepared loaf pan and generously sprinkle with a cinnamon and sugar mixture. Bake for approximately 1 hour at 325ºF. Let the baked loaf set for a few minutes then remove from pan.

For muffins:

Pour batter into prepared muffin tins. Bake for approximately 40 minutes at 350ºF. After removing from oven, brush muffin tops with melted butter, and sprinkle with a cinnamon and sugar mixture. Remove muffins from tin and cool on a rack.

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