

# Original Banana Bread:

Recipe taken and modified from: <http://www.food.com/recipe/best-banana-bread-2886#activity-feed>

## Ingredients:

- ½ cup butter
- 1 cup sugar
- 2 eggs, beaten
- 3 bananas, finely crushed
- 1 ½ cup flour
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp vanilla
- 18 cupcake wrappers

## Directions:

1. Preheat oven to 350°F.
2. Prepare a 18 muffin tin by inserting cupcake wrappers.
3. Cream together the butter and sugar.
4. Add eggs and crushed bananas, combine well.
5. Stiff together flour, baking soda, and salt. Add to creamed mixture, and add vanilla.
6. Mix until just combined. Do not over mix
7. Add mix to each wrapper until just over half full.
8. Bake at 350°F for 20-25 minutes. Remove muffins once cooked through, and golden brown.



## Nutrition Facts

|  |                             |
|--|-----------------------------|
| Serving Size (54g)   |                             |
| Servings Per Container 18  |                             |
| Amount Per Serving   |                             |
| <b>Calories 150</b>  | <b>Calories from Fat 50</b> |
| <hr/>  |                             |
|  | <b>% Daily Value*</b>       |
| <b>Total Fat 6g</b>  | <b>9%</b>                   |
| Saturated Fat 3.5g   | <b>18%</b>                  |
| Trans Fat 0g   |                             |
| <b>Cholesterol 35mg</b>  | <b>12%</b>                  |
| <b>Sodium 140mg</b>  | <b>6%</b>                   |
| <b>Total Carbohydrate 24g</b>  | <b>8%</b>                   |
| Dietary Fiber 1g   | <b>4%</b>                   |
| Sugars 14g   |                             |
| <b>Protein 2g</b>  |                             |
| Vitamin A 4%   | Vitamin C 2%                |
| Calcium 0%   | Iron 4%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
| Calories: 2,000 2,500  |                             |
| Total Fat  | Less than 65g 80g           |
| Saturated Fat  | Less than 20g 25g           |
| Cholesterol  | Less than 300mg 300mg       |
| Sodium   | Less than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

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