

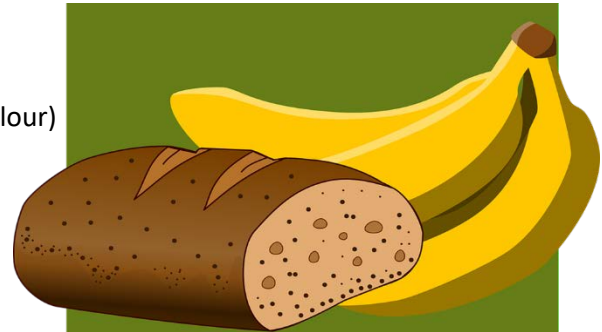
Banana Bread

7th and 8th Grade



Ingredients:

- 1 stick of butter, softened
- 1 cup sugar
- 2 eggs
- 3 ripe bananas
- 1 TBS milk
- 2 cups flour (healthier option: 1 cup flour/1 cup wheat flour)
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 cup chopped walnuts (optional)



Directions:

- Preheat oven to 325 degrees. Butter a 9X5 loaf pan.
- Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition.
- In small bowl, mash bananas with a fork. Mix in milk and nuts.
- In another bowl, mix together flour, salt, baking soda, and baking powder.
- Add banana mixture to creamed mixture and stir until combined. Add dry ingredients, mixing just until flour disappears.
- Pour into loaf pan and bake for 1 hour to 1 hour 10 minutes. Bread will be done when a toothpick comes out clean.

Rules

1. Prepare Banana Bread using the above recipe.
2. Select better half of loaf bread and put neatly on a small clean plate made of paper or plastic. (No breakable plates will be accepted).
3. Cover with plastic wrap or aluminum foil.
4. Tape name, grade and teachers name on bottom of plate.
5. Bring to school on _____ . Entries will be accepted in the library.
6. Questions call the 4-H office: 949-2611