

2livesimple recipe

BANANA BREAD

Simple way of making a delicious banana bread



WINTER RECIPE

by Natalia Huyen Nguyen

INGREDIENTS

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3 or 4 ripe (preferably ripe) bananas, crushed
75 g butter, melted
3/4 cup brown sugar for baking (or less, the bread is quite sweet)
1 egg
1 teaspoon vanilla extract
1 teaspoon baking soda
pinch of salt
1.5 cups wheat flour

DIRECTIONS

You don't have to use a mixer in this recipe, however I personally use it. In a large dish, mix melted butter with crushed bananas (just crush them with a fork or mixer). Stir sugar, lightly beaten egg, vanilla. Finally, add the flour mixed with soda and a pinch of salt. Stir with a fork or cooking rod, only to combine the ingredient or simply put all together in the mixer.

Transfer the dough into a 10 x 20 cm cake tray, greased with butter and sprinkled with wheat flour. Bake for 50 - 60 minutes in an oven preheated to 170 ° C, or shorter. Take the bread out, let it cool down and server with e.g. ice cream