



RECIPES

The cinnamon aroma of this old-fashioned bread entices your sense. Enhanced with sweet jelly or creamy butter, a walnut-sprinkled slice of Banana Bread is welcoming at morning, noon or night.

BANANA BREAD

2 cups all-purpose flour	2 eggs
1 1/4 teaspoons baking powder	1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon	3 ripe bananas, sliced
1/2 cup (1 stick) unsalted butter, softened	1 cup Fisher Chef's Naturals Walnuts, chopped
1 cup granulated sugar	

Preheat oven to 350°F. Lightly spray 9 x 5-inch loaf pan with vegetable oil spray with flour; set aside. In medium bowl combine flour, baking powder and cinnamon; set aside.

In large bowl cream butter and sugar using electric mixer. Add eggs and vanilla extract; mix until well blended. Add bananas, mixing well. Stir in flour mixture and nuts; mix until just combined.

Spread mixture into prepared pan. Bake 55 to 65 minutes until golden brown and cake tester inserted in center is clean when removed. Remove to cooling rack; cool 8 minutes. Gently loosen edges of bread from pan. Remove bread from pan; cool completely. Cut into slices to serve.

Yield: 1 loaf (14 slices)

Nutrition information per serving (1 slice): 270 Calories, 13 g Total Fat, 5 g Saturated Fat, 0 g Trans Fat, 45 mg Cholesterol, 45 mg Sodium, 35 g Carbohydrate, 2 g Dietary Fiber, 18 g Sugars, 4 g Protein

Nutty Idea: When measuring nuts for a recipe, use a dry measuring cup rather than a liquid measuring cup to ensure the most accurate measurement.

Nuts freeze well. Place in an airtight container and freeze for up to 6 months. Remember to allow nuts to come to room temperature before adding to your recipe.