

Banana Bread

Prep time: 75 min

Serves: 10

INGREDIENTS

3 ripe, mashed bananas

1 egg

¼ cup of melted butter

1 ½ cup of all-purpose flour

1 tsp of baking soda

1 tsp of salt

Preheat oven to 325 F, and grease a loaf pan

Mix bananas, egg and butter in 1 bowl, and the flour and baking soda in the other bowl

Add and stir everything together in 1 bowl, and then stir the salt into the mixture

Pour the mixture in a loaf pan, and bake in the oven for about 1 hour



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	220
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	