

Heritage Recipes

You can share old family recipes and traditions

Lil's Banana Bread

From Lynn

This recipe is from my mom's friend, Lil, in St. Paul, Minnesota. They were best friends in high school, then, coincidentally, they each had a daughter the same age, who went to the same high school, and also became best friends. They still all see each other, and the third generation kids have also become acquainted.

Lil was very active in her church, and this recipe came out of her church-lady circles, which always tend to produce very, very good food.

Recipe Ingredients:

½ cup chopped nuts
1 cup mashed bananas (2 med)
1-½ cups sifted flour
1 tsp baking soda
½ tsp salt
½ cup soft butter (one stick)
1 cup sugar
2 eggs
½ cup sour cream or buttermilk
1 tsp vanilla

Recipe Directions:

Sift together flour, soda, salt and set aside. In a separate bowl, cream butter and sugar. To this butter mixture add egg, the vanilla, and the flour mixture. Stir it all up, then add the bananas, sour cream, and nuts. If you use one big bread pan bake for one hour at 350. If you use smaller pans, then bake 350 for 20-25 minutes.

Note: don't use overly ripe bananas. It took me a long time to learn this. Just soft enough to mash effectively will work best (no old yukky ones). Also, I use the buttermilk, not the sour cream, and I also use walnuts (the more the better.)

Submit Your Favorite Recipes along with their stories to

editor@heritagerecipes.com

www.heritagerecipes.com