

## Banana Bread

Author: Another Carolyn original



- 1 cup sugar
- 6 tablespoons butter
- 2 whole eggs
- 3/4 cup sour cream
- 1 teaspoon vanilla, or almond extract
- 2 1/2 cups flour
- 1 tablespoon baking powder
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 4 1/2 whole bananas, mashed
- 1 tablespoon lemon juice

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 222 Calories;  
8g Fat (30.0% calories from fat); 4g Protein; 36g  
Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol;  
335mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean  
Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other  
Carbohydrates.*

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**Carolyn T's  
Main Cookbook**

**Servings: 16**

*Notes: I think this recipe started when I had a whole bunch (literally) of overripe bananas. I looked up several recipes, and combined some ideas, using more bananas than usual, and here it is. It's very moist and flavorful. It's almost more like a banana cake than a bread, as it's not a dense texture at all. If you increase the recipe just a little bit, it can be baked in a bundt cake pan and you could easily call it cake.*

*Description: Just a regular banana bread (or a cake) with a whole lot of banana flavor.*

**Preparation Time: 30 minutes**

1. Preheat oven to 350. Cream sugar and butter together, then add eggs, sour cream and vanilla. Into a separate bowl sift flour, baking powder, soda, and salt. Combine in another bowl the mashed bananas and lemon juice.
2. Into the sugar/butter mixtures alternately add the bananas and flour. Don't overmix. Pour into well-greased loaf pans (1 large and 1 small, or several small ones) and bake 50 minutes (small loaves) or 1 hour (large pans). Test with a toothpick. Cool in pans before removing.