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# Moist Pineapple Banana Bread

Adapted from Taste of Home



## Servings: 32

1. In a large bowl, combine the flour, sugar, salt, baking soda, allspice, nutmeg and cinnamon. In another bowl, whisk the eggs, oil and vanilla; add pineapple and bananas. Stir into the dry ingredients just until moistened. Pour into two greased 8-in. x 4-in. loaf pans.

2. Bake at 350° for 60-65 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 2 loaves (16 slices each). Cut into relatively narrow slices and devour warm or at room temp. For longer storage, freeze. Bread is very moist (from the ample amount of oil). Serve with a napkin or paper towel as the bread is quite oily/damp. Guess that's what makes it taste so good!

- 3 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 3 large eggs
- 1 1/4 cups canola oil
- 2 teaspoons vanilla extract
- 8 ounces crushed pineapple, drained well
- 2 cups bananas, ripe, mashed, about 4-5

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*Per Serving (excluding unknown items): 192 Calories; 9g Fat (42.4% calories from fat); 2g Protein; 26g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 113mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**