Prize Winning Banana Bread

Adapted slightly from a 1981 county fair winner, found at grouprecipes.com



1/2 cup butter — softened
1/4 cup vegetable oil
1 cup granulated sugar
1/2 cup brown sugar
2 large eggs
1 1/2 cups bananas — mashed ripe (I used 4 ripened bananas)
1/2 cup sour cream — (I used light sour cream)
1 teaspoon vanilla extract
2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup walnuts — chopped
turbinado (raw) sugar for top of batter

Per Serving (excluding unknown items): 144 Calories; 4g Fat (22.8% calories from fat); 2g Protein; 26g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 144mg Sodium; 15g Total Sugars; trace Vitamin D; 9mg Calcium; 1mg Iron; 28mg Potassium; 26mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 18

Note: To be safe, line the bottom of the loaf pans with buttered parchment paper – for sure you'll have no difficulty getting the bread out. Remove paper once you have removed the breads from the pans.

1. With a mixer combine butter, oil, sugars and eggs until smooth.
2. Add mashed bananas, sour cream and vanilla, stirring together well.
3. Mix in flour, baking soda and salt, stirring until it is blended. Do not over mix. Add walnuts if you're using them and stir until combined.
4. Pour into a well-greased standard large loaf pan to about 3/4 full. It may require a second smaller pan, or use 2-3 smaller pans.
5. Sprinkle turbinado/raw sugar generously over top of batter, using your hand to gently pat some of it into the batter.
6. Bake at 325° F – large loaf pan will require about 1 hour, smaller loaves about 45 minutes or until the center of the loaf reaches 205° on an instant read thermometer.
7. Allow bread to cool in pans for about 20 minutes, then run a sharp knife around the edges, tap the pan on the counter several times or gently shake it to loosen it, (you're trying to loosen the bread from the bottom of the pan), then invert pan over a wire rack and let the bread fall onto the rack to finish cooling completely.
8. Variations and Suggestions: Add any of the following – miniature chocolate chips, toffee bits, shredded coconut, chopped pecans or macadamia nuts.
9. Try toasting the banana bread – spread hot toasted bread with butter and even add a sprinkling of cinnamon and sugar and some slices of banana, or top with a combination of honey and peanut butter, or spread hot toasted bread with some Nutella…the possibilities are endless!
10. Use slices of banana bread to make your French toast. Just dust the finished product with some powdered sugar, or a little powdered sugar glaze, or spread on some Nutella, and maple syrup is good on it, too.