Banana Bread

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 1/2 cups white whole wheat flour
- 1 teaspon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 large eggs, at room temperature
- 1 cup sugar
- 1/2 cup canola oil
- 5 medium over-ripe bananas, mashed
- 1/8 cup sour cream
- 2 teaspoons vanilla

Instructions

Before making the dough, you'll need to first preheat the oven to 350° and butter and flour a normal sized loaf pan. Then, pull out two bowls. In the first bowl, mix the dry ingredients (flour through salt), and set aside. In the second bowl, combine the sugar and eggs, and, using an electric mixer, beat the egg/sugar mixture on high for about 10 minutes, or until thick, pale, and the mixture fails off the beaters in ribbons. Then, on low, beat in the remaining ingredients until well-combined. Lastly, fold in the dry ingredients. Pour the batter into your loaf pan, and place in oven. The bread should be done after 1-1 1/4 hours, when a toothpick (or, if you're fancy, and have an actual cake-tester) inserted into the center of the bread comes out clean. Cool the bread in the loaf pan for two minutes, and then carefully remove, and let cool on a cooling rack for about

1 hour. Then, enjoy!!!

*Adapted from this Epicurious recipe. I added more bananas, used whole wheat flour, cut out a little sugar (my bananas were very sweet), substituted sour cream for crème fraîche, increased the cinnamon and vanilla, took out the walnuts, and cut the recipe in half.