

# Recipes

## Banana Nut Bread

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3 Medium Bananas, Mashed  
 $\frac{1}{2}$  Cup WVGs Pecan Oil  
2 Eggs  
1 Cup Sugar  
1  $\frac{1}{2}$  Cups All-Purpose Flour  
1 TSP Baking Soda  
 $\frac{1}{4}$  TSP Salt  
1 TSP WVGs Pure Mexican Vanilla  
 $\frac{1}{2}$  Cup Chopped Pecans or Walnuts

Preheat oven to 350 degrees. Liberally grease a loaf pan. Combine all the ingredients in a large mixing bowl and mix well, but do not over mix. Pour into the prepared pan and bake until a toothpick inserted in the center comes out clean, about 1 hour and 15 minutes. Turn out on a rack and cool before slicing. Makes 1 loaf to serve 8-10.

