

Banana Bush Bread

By The Bush Wife

Preheat Oven to 350 F

**Do all of this work by hand.
Grease loaf pan with Crisco.**

Ingredients

1 ¼ C White flour (minus 2T)

1 ¼ C Whole wheat flour

1 C Sugar

3 ½ tsp. Baking powder

2 T Flax meal

1 tsp. Salt

1 Egg

1 ¼ C milk

3 T Canola oil

1 C mashed banana (2-3 very ripe and brown)

1 C chopped walnuts

Mix together the flours, baking powder, flax meal and salt. In a separate bowl, lightly beat the egg. Stir in the milk and canola oil. Mix well. Mix in the mashed banana. Mix in the walnuts.

Mix the wet mixture into the dry mixture and pour into the loaf pan.

Bake 60-65 minutes. Remove from the oven when the top is not gooey. (Be careful not to over bake.)

