

BANANA BREAD



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The aroma of a freshly baked banana loaf is pure comfort. Enjoy this easy classic with your morning coffee or a tall glass of milk!

Ingredients

- 2 cups (500 mL) all-purpose flour
- 1 tsp (5 mL) baking soda
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) butter, softened
- ¾ cup (180 mL) brown sugar
- 2 eggs
- 4 overripe bananas, mashed

Preparation

1. Preheat oven to 350°F (180°C).
2. Spray a loaf pan with non-stick cooking spray. Line your baking pan with parchment paper, leaving an overhang on the sides and spray again; set aside.
3. In a medium bowl, combine flour, baking soda, and salt; set aside.

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4. In a separate large bowl, cream together the butter and brown sugar using a whisk or a handheld mixer.
5. Stir in eggs, one at a time, and mashed bananas until well blended.
6. Slowly add the dry ingredients into the banana mixture; stir just to moisten.
7. Pour batter into prepared loaf pan.
8. Bake for 45 to 55 minutes, or until a toothpick inserted into centre of the loaf comes out clean. Let the bread cool in the pan for 10 minutes, then turn out onto a wire rack.
9. Cut and serve warm with a dollop of butter.
10. Leftover bread can be stored in an airtight container on the counter for up to three days, or one week in the refrigerator.