



BANANA BREAD

makes two loaves

or

2 dozen muffins

6 Bananas

1 C. Oil

1 C. Sugar

4 Eggs

Mash bananas in mixer bowl.

Mix in oil and sugar; then add eggs and beat well.

1/3 C. hot water

4 C. Whole Wheat flour

2 tsp. Soda

Add hot water. Combine well then add flour and soda.

1 C. walnuts (optional)

Add nuts. Pour into 2 loaf pans & bake at 350° for 50 minutes. For muffins, bake for 30 min.