

Banana Bread / Muffin Recipe

PREP TIME	COOK TIME	TOTAL TIME
10-15 MIN	40-50 MIN	±1 HOUR

INGREDIENTS

- 8 Tablespoons butter
- 1 Cup sugar
- 2 Eggs (beaten)
- 3 Bananas (mashed)
- ½ Teaspoon salt
- 1 Teaspoon baking soda
- 1¼ Cups all-purpose flour
- Chia seeds or Walnuts (chopped)

INSTRUCTIONS

1. Cream together butter and sugar
2. Stir in eggs and bananas
3. Mix in salt, baking soda and flour
4. Optional: add chia seeds or chopped walnuts
5. Pour into greased muffin or loaf pan and bake at 180°C / 350°F for 40-50 minutes or until a knife comes out clean when inserted into the center.
6. Enjoy!

NOTE: I prefer to bake mine at a lower temperature for longer so that the top doesn't get too dark before it is cooked right through.