

Light Banana Loaf



This is a very simple recipe for a very light banana loaf...this loaf is very airy and spongy. I adapted this from the Banana Spongy Cake, I omitted the walnut and instead of muffins cups I make them into a mini loaf, which I great as a gift.

Ingredients:

3 eggs
1/3 cup sugar
3/4 cup mashed banana
1 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 cup canola oil
1/2 teaspoon vanilla extract
1 teaspoon ground cinnamon

1 tablespoon rum







Method:

Preheat oven at 350F.

In a bowl sift the flour with baking soda, baking powder and ground cinnamon. In another bowl mix the eggs, vanilla extract, rum, sugar, mashed banana and mix until ribbon stage, which it will take approximately 10 minutes.

Add the flour mix to the egg and banana mix, mixing gently. Once the flour has been incorporated, add the oil.

Pour into the prepared 3 mini loaf pans and bake at 325 F for approximately 30 minutes (lower the temperature once the pans are in the oven) or until an inserted wooden pick comes out clean.

Cool on the wire rack and serve, or wrap the loaf and send to a lucky friend





Did you know that bananas are naturally radioactive? It is because of its high levels of potassium and a small amount of potassium-40, which is the largest source of natural radioactivity found in animals and humans.

Thank you for stopping by Simple Recipes and have a great week!