Aunt Kitty's Banana Bread

by Julie Kline

This recipe is one that has been passed down in my family for generations. It is also a simple, delicious recipe that you can easily make with the help of your kiddos and a few ingredients. Your kiddos can help mash, mix, measure and pour! If you're like me, you have some bananas that are turning brown and you're hoping someone will eat them before they go bad. If that's the case, don't fret! You can enjoy those bananas as a family!

For this you will need a few simple ingredients:

- Butter (room temperature)
- Sugar
- Bananas (preferably brown)
- Eggs
- Sour milk (explanation will be provided)
- Flour
- Salt
- Baking Soda
- Vanilla
- Lemon Juice or distilled white vinegar

Gather your ingredients and let's get going! Look to the end for the complete recipe.

The first thing you're going to want to do is preheat your oven to 350 degrees. Then generously spray either a bread loaf pan or Bundt pan (see recipe for when to use each). Next, you're going to want to sour the milk. To do

this you will add 1 tsp of lemon juice or vinegar per 1 cup of milk. The amount of milk you use will depend on how big of a batch you're making. I only had 4 bananas so I make a small loaf of banana bread but if you have 7-8 bananas you can make a larger batch in a Bundt pan. So, I put ½ tsp of lemon juice into ½ cup of milk. Let your milk sour while you follow the next couple steps.

Next, take your room temperature butter and whip it, whip it good! Or, at least until it's light and fluffy. Once you have Devo'd that butter, beat in the eggs. Once your butter and eggs are just mixed together mush the bananas and add them to the mix. I know it looks incredibly unappetizing at this point, but it will be delish once you're done.

After the banana mush has been stirred into the butter/egg mixture, add the sour milk, vanilla and additional lemon juice. Mix the wet ingredients together until combined. Set aside.

In a separate bowl, combine the dry ingredients. Once combined, add the dry ingredients with the banana mixture. I recommend adding a bit of dry mixture at a time, so flour doesn't get everywhere. Pour the batter into your prepared pan. Bake for 1 hour.

Note: If you're using a bread pan like I did, I would bake for 30 minutes and then check it with a toothpick. Bake at 10-minute increments until a toothpick comes out clean. Mine is a little dark on top but the inside was perfect.

Recipe:

Small Bread Loaf Pan

Ingredient	Amount
Butter	½ Cup
Sugar	1 ¼ Cup
Bananas, brown	3-4
Eggs	2
Sour Milk	½ Cup
Flour	2 Cup
Salt	Dash
Baking Soda	2 teaspoons
Vanilla	1 teaspoon
Lemon Juice	1 teaspoon
Recipe Serves	8

Bundt Pan

Ingredient	Amount
Butter	1 Cup
Sugar	2 ½ Cup
Bananas, brown	7-8
Eggs	4
Sour Milk	1 Cup
Flour	4 Cup
Salt	½ teaspoon
Baking Soda	4 teaspoons
Vanilla	2 teaspoons
Lemon Juice	2 teaspoon s
Recipe Serves	16

Directions

Preheat oven to 350 degrees

Whip butter until light. Beat in eggs.

Smash bananas and add to butter and eggs. Stir. Add sour milk, vanilla, and lemon juice.

Mix together dry ingredients and combine with banana mixture.

Pour into prepared bread pans or Bundt pan. Bake for 1 hour