



ZEKE LIFE

Banana Bread or Muffins

What You Need:

- 10 T. butter
- 1 c. mashed ripe bananas (2 large bananas)
- ½ c. sour cream
- 2 eggs
- 1½ tsp. vanilla
- 2 c. flour
- ¾ c. plus 2 T. sugar
- 1 tsp. baking soda
- ¾ tsp. baking powder
- ½ tsp. salt
- 1 c. chopped walnuts (optional)
- 1 c. chocolate chips (optional)

Steps:

1. Preheat oven to 350°F degrees. Lightly grease a loaf pan or muffin tin with spray.
2. Puree the bananas, sour cream, eggs and vanilla in a food processor (or blender).
3. Mix flour, sugar, baking soda, baking powder and salt into a large bowl.
4. Add the softened butter and mix on medium-low speed until blended.
5. Add the banana mixture in 3 batches and mix on medium speed between each batch.
6. Fold in the nuts and chocolate chips.
7. Pour into pan or fill muffin cups about ¾ full.
8. For bread, bake until lightly browned and bread bounces back to the touch, about 1 hour 10 minutes. For muffins, bake for 20 – 25 minutes, watching closely to not burn.
9. Remove from the oven and cool for 10 minutes before turning out onto a wire rack to cool completely.

Estimated Time:

2 hours

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