Banana Bread

INGREDIENTS

2 cups (10 ounces) all-purpose flour
3/4 cup (5¼ ounces) sugar
3/4 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups very ripe bananas, mashed well (See Recipe Notes below)
6 tablespoons (3/4 stick) unsalted butter, melted and cooled
2 large eggs
¼ cup whole or low-fat plain yogurt
1 teaspoon vanilla extract
½ cup (2 ozs) walnuts, toasted and chopped coarse (optional)

DIRECTIONS

1. Adjust an oven rack to the lower-midd1e position and heat the oven to 350 degrees. Grease an 8 1/2 by 4 1/2-inch loaf pan.
2. Whisk the flour, sugar, baking soda, and salt together in a large bowl. In a medium bowl, whisk the mashed bananas, melted butter, eggs, yogurt, and vanilla together. Gently fold the banana mixture into the flour mixture with a rubber spatula until just combined. (Do not overmix) Fold in the walnuts, if using. The batter will look thick and chunky.
3. Scrape the batter into the prepared pan and smooth the top. Bake until golden brown and a toothpick inserted into the center comes out clean with just a few crumbs attached, about 55 minutes. rotating the pan halfway through baking.
4. Let the loaf cool in the pan for 10 minutes, then turn out onto a wire rack and let cool for 1

hour before serving.

Makes 1 loaf