



Healthy Dad Recipes

PEANUT BUTTER BANANA BREAD

Yield: 1 loaf (8 slices)

Ingredients:

½ cup	butter softened
¾ cup	chunky peanut butter
1 cup	sugar
2	eggs
1 cup	ripe banana mashed (about 2 medium)
2 cups	all-purpose flour
1 tsp	salt
1 tsp	baking soda



Instructions:

- Preheat oven to 350°F.
- In a large bowl cream the butter, peanut butter and sugar until light and fluffy.
- Add eggs one at a time, beating well after each addition.
- Beat in bananas.
- In a small bowl combine the flour, salt and baking soda; add to creamed mixture.
- Transfer to a greased 9 x 5 inch loaf pan.
- Bake 70-75 minutes or until toothpick inserted near the center comes out clean.
- Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutritional Facts:

1 serving (1 slice): 497 calories, 25 g fat (10 g saturated fat), 84 mg cholesterol, 702 mg sodium, 61 g carbohydrate, 3 g fiber, 11 g protein.

Recipe courtesy of tasteofhome.com