

Food for the Body, Food for the Soul

Family Favorite Recipes from the St. Lad's Faith Community

*Our Dear Heavenly Father, we thank You for this food.
Feed our souls on the bread of life and
help us to do our part in kind words and loving deeds.
We ask in Jesus' name. Amen.*

Banana Bread

From the kitchen of Deb Cabal

1 c. sugar
1/2 c. margarine, not low-fat
1 tsp. Baking soda, sifted
2 c. flour
3 ripe bananas, mashed
pinch of salt
1 c. chopped nuts (walnuts or pecans)
1/4 c. sour milk (use about 1 T. vinegar to make milk sour)
1 large serving spoon sour cream (about 2 T.)

Mix well and pour into 2 9x5 well-greased loaf pans. Bake at 350 degrees one hour twenty minutes or until tests done with toothpick.

This is also good with added mini dark chocolate chips and raisins for a holiday bread.

** Can use wax paper to line bottom of pans and well-greased or sprayed with Baker's Joy to remove from pan easily.