

# Basic Banana Nut Bread

## Ingredients

- ½ cup shortening (I use coconut oil)
- 1 cup sugar
- 2 eggs
- 3 ripe bananas, mashed
- 3 Tbsp sour cream
  
- 2 cups flour
- 1 tsp baking soda
- ½ tsp sea salt
- ½ cups nuts, chopped

Preheat oven to 350°F. You will need a greased 9-x-5 loaf pan.

## Instructions

1. In a large mixing bowl, mix shortening, sugar, eggs, bananas and sour cream.
2. In another bowl, sift flour, baking soda and salt; stir into banana mixture until just mixed; fold in nuts.
3. Pour into a greased loaf pan and smooth top; bake in preheated oven for 1 hour; cool for 10 minutes in the pan. Turn out onto plate; wrap securely in plastic wrap while still warm.