



## THESS'S NANA'S BANANA BREAD

» from [Maria H's Sphere](#)

### Ingredients

- 5 tbsp butter
- 1/2 cup granulated sugar
- 1/2 cup firmly packed light brown sugar
- 1 large egg
- 2 egg whites
- 1 tsp vanilla extract
- 1 1/2 cups mashed, very ripe bananas (I used 2 cups, which was about 6-7 regular size bananas)
- 1 3/4 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp baking powder
- 1/2 cup heavy cream
- **Optional:** 1/3 cup chopped walnuts and 1/2 cups raisins

### Preparation

1. Preheat oven to 350°F. Use a non-stick 9'x5'x3' loaf pan. If you don't have a non-stick pan, spray it with non-stick cooking spray or line it with two parchment paper sheets along the width and length of the pan. I prefer the paper route because it makes it so easy to take out the bread.
2. Beat butter in large bowl with an electric mixer set at medium speed until light and fluffy. Add both sugar and beat well. Add eggs, egg whites and vanilla and beat until well-blended. Add mashed banana, beat for 30 seconds on high speed.
3. Add all dry ingredients in a separate bowl and add this mixture to the banana mixture, alternatively with cream. Add walnuts and raisins, mix well.
4. Pour batter evenly into the prepared loaf pan. Baked until browned and toothpick inserted near center comes out clean; say about 1 hour to 1 hour and 15 ins.
5. Cool completely and serve. I would recommend that you bake this at night and allow it to completely cool and "rest" overnight.

**Makes one 9'x5'x3' loaf.**

### ***Happy cooking!***

This recipe is brought to you **Gourmated.com**. If you have questions, please contact us at [gourmated@gmail.com](mailto:gourmated@gmail.com). Photos of the dish are [available online](#).