BANANA BREAD

- 1 ½ cups all-purpose flour
- ¾ cup sugar
- 1 tsp. baking soda
- ½ tsp salt
- ¾ cup fat free milk

- ½ cup oil
- 2 eggs
- 1 tsp vanilla extract
- 2 medium ripe bananas, mashed
- ½ cup chopped walnuts or pecans

1. Preheat oven to 350 degrees F.

2. Coat a 9-inch by 5-inch loaf pan with cooking spray.

3. Combine the flour, sugar, baking soda and salt in a medium bowl. Stir until well blended.

4. Combine the milk, oil, eggs and vanilla. Whisk until smooth, stir in the bananas. Add to the flour mixture with the nuts; stir until just blended.

5. Pour the batter into the loaf pan and bake 55 minutes or until wooden pick inserted comes out clean. Let stand 10 minutes before removing and placing on wire rack to cool completely.

Makes 1 loaf. Serves 16. Recipe provided by Nancy Hughes.