



Banana Pineapple Bread

Serves 12

3 very ripe bananas – mashed
¾ cup sugar
2 eggs
3 TBS vegetable oil
1 tsp. vanilla extract
¾ cup whipping cream
2 ½ cups flour
2 ½ tsp. baking powder
1 tsp. salt
3 canned pineapple slices – cut into chunks (no syrup)
1 TBS brown sugar for topping

Heat oven at 350 degrees. Prepare a bread loaf by oiling or buttering it.

In a bowl place the mashed banana, sugar, eggs, oil, vanilla and cream. Whisk until smooth.

Add the flour, baking powder and salt. Whisk until all ingredients are combined.

Add the pineapple and mix well. Pour the batter into the bread loaf. Sprinkle the brown sugar on top.

Place the banana bread in the oven and bake for about 1 hour – or until a cake pin comes out clean.

Remove bread from oven and allow cooling in the pan for a few minutes. Turn the pan over and cool the bread on a wire cooling rack. Cool down completely before slicing.

Serve and enjoy!

1/2th of bread - CALORIES 284.03; FAT 10.07 grs (sat 3.95; mono 4.47; poly 1.04); PROTEIN 4.37 grs ; FIBER 1.66 grs; CARBS 44.96 grs;
CHOLESTEROL 49.71 mg; IRON 1.59 mg; SODIUM 214.94 mg; CALCIUM 65.58 mg

