

Judy's Banana Bread

Ingredients

1 1/2 cups sifted flour
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 tsp nutmeg
1/4 cup shortening
1 cup sugar
1 egg
1 cup bran flakes cereal
1 1/2 cups well-mashed ripe bananas
1 tbsp orange zest
2 tbsp water



Directions

Preheat oven to 350° F. Grease one 9x5x3 loaf pan.

Sift flour, baking powder, baking soda, salt and nutmeg together.

Cream shortening and sugar together in another bowl.

Add egg and beat until fluffy. Stir in bran flakes, mashed banana, orange zest and water.

Add dry ingredients, stirring and folding gently just to blend.

Spoon into prepared loaf pan and spread evenly.

Bake for 50-60 minutes until a toothpick inserted in the center comes out clean.

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