



REAL TEXAS RECIPES

Real Texas Banana Nut Bread

Ingredients

- 1/4 cup Shortening
- 1/2 cup Sugar
- 1 Egg, beaten
- 1 cup Bran
- 2 tablespoons Water
- 1 1/2 cups Bananas, mashed
- 1 1/2 cups Flour
- 2 teaspoons Baking Powder
- 1/2 teaspoon Baking Soda
- 1 1/2 teaspoon Vanilla Bean Paste (you can substitute Vanilla Extract)
- 1/2 cup Pecans, chopped



Take flour, baking powder and baking soda. Use a fork and stir together. Set aside.



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Mix shortening and sugar. Cream it together to make it fluffy. Add well beaten egg and bran and mix.



Alternately add bananas, water and dry flour mixture. Mix all together. **A little tip:** Always have fresh bananas in your kitchen because it's a really great healthy snack and you can ripen them and freeze to use for your banana bread.



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My secret is Singing Dog Vanilla Bean Paste. Use this instead of vanilla extract and it just adds a totally different flavor. Add extra vanilla bean paste and mix that in.



Fold in the pecans.



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Spray the bread pan with Pam and preheat the oven at 350F degrees. Pour the bread dough into the pan. If you're making multiple loaves, its best to make 1 loaf at a time. You can bake them together but mix them 1 loaf at a time.



Bake it for about 1 hour or until when a cake pick or a toothpick goes in and comes out clean.