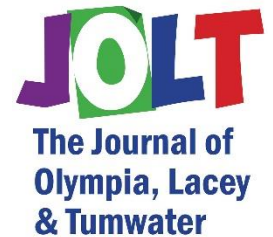


THE OLYMPIA KITCHEN

Featured in *The JOLT*
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Recipe: ***Banana Bread***

By Shannon Beigert

Ingredients

Serves up to 10 people (sometimes, just one person!)

3 to 4 ripe bananas
1/3 cup of melted butter (my microwave has a **melt** feature that works well for this)
3/4 cup sugar
1 egg, beaten
1 teaspoon vanilla
1 teaspoon baking soda
1/8 teaspoon nutmeg
Pinch of salt
1-1/2 cups of flour

Preheat the oven to 350 degrees.

Use cooking spray or butter to grease a baking pan. Using a large mixing bowl, and a spatula, combine the melted butter into the mashed bananas. Mix in the sugar, egg, nutmeg and vanilla.

Sprinkle the baking soda and salt over the mixture and incorporate. Finally, add in the flour. Hand mix until all ingredients are combined.

Bake for an hour, or until the loaf is golden brown, and done. After cooling, remove the loaf from the baking dish. Serve or gift to friends and neighbors.

Enjoy!

Look for more recipes that make use of seasonal and locally produced ingredients every week in *The JOLT*.
Suggestions? Compliments? Photos? Email shannon@theJOLTnews.com