

Recipe – Banana Bran bread

Ingredients

- 4 bananas (over-ripe)**
- 1 cup All-Bran cereal**
- 3 T shortening**
- ½ cup sugar (or honey or lo-cal substitute)**
- ¼ cup orange juice (or other fruit or water)**
- 1 egg**

Blend above ingredients in blender/mixing bowl
Add the following and mix:

- 1½ cups flour**
- ½ tsp salt**
- ½ tsp baking powder**
- 2 tsp baking soda**
- ¼ cup raisins (optional)**

Put mixture in greased loaf pan and place in pre-heated 350° F oven for 45 minutes.
Note: time/temperature may vary for your oven.