

Banana Rama

Banana Nut Bread

SUBMITTED BY TERRIE LARSON, HARTFORD

- ½ c. vegetable oil
- 1 c. sugar
- 2 eggs beaten
- 3 ripe bananas mashed to a pulp
- 3 Tbs. milk
- ½ tsp. vanilla
- 2 c. flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt
- ½ c. chocolate chips (optional)
- ½ c. chopped nuts (optional)

Preheat oven to 350°. Beat together oil and sugar; add eggs and bananas; add milk and vanilla. Sift together flour, baking soda, baking powder and salt. Mix all of the ingredients. Grease 9x5x3-inch loaf pan. Pour batter into loaf pan. Bake for one hour. Cool on wire rack for 5 minutes; remove from pan. Enjoy!

Banana Cake with Peanut Butter Frosting

SUBMITTED BY DORI LECHNER, HARTFORD

- ½ c. butter or margarine
 - 1½ c. sugar
 - 2 c. flour
 - ½ tsp. baking soda
 - ¼ tsp. baking powder
 - pinch of salt
 - 1 c. mashed bananas (about 3)
 - ¼ c. milk
- FROSTING:**
- ½ c. butter or margarine
 - ¾ c. peanut butter
 - 2 c. powdered sugar
 - 1 tsp. vanilla
 - 2 Tbs. milk

Cream butter with sugar. Add flour, baking soda, baking powder and salt. Mix well. Add mashed bananas and milk. Pour in greased and floured 9x13-inch pan. Bake at 350° for 35 minutes. Mix frosting ingredients and spread on cooled cake.

Banana Cream Supreme

SUBMITTED BY LINDA BIRD, JACKSON

- 16 (2½-inch) graham cracker squares (approx. 1¼ c.), finely crushed
- ¼ c. butter or margarine, melted
- 3 Tbs. sugar
- 1 (12 oz.) container frozen whipped topping, thawed
- 1 (8 oz.) container sour cream
- 1 pkg. (3.4 oz.) vanilla instant pudding & pie filling
- 3 medium bananas, sliced



Place crushed graham crackers in small bowl. Add butter and sugar; mix well. Press crumb mixture onto bottom of a springform pan. Whisk whipped topping and sour cream until blended. Add the pudding mix; whisk until mixture is well blended and smooth. Spread half of the filling over the crust. Slice bananas, and arrange over filling. Spread remaining filling over bananas. Refrigerate at least 30 minutes. Run knife around sides of dessert; release collar from pan and carefully remove. Cut into wedges.

Banana Sour Cream Coffeecake

SUBMITTED BY AUDREY WEILAND, WEST BEND

- ½ c. butter, softened
- 1 c. sugar
- 2 eggs
- 1 c. mashed bananas with 1 Tbs. lemon juice
- 1 tsp. vanilla
- ½ c. sour cream
- 2 c. flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt
- ¼ tsp. cinnamon
- ½ c. raisins

Cream butter and sugar until light and fluffy. Add eggs, bananas and vanilla; mix well. Stir in sour cream. Add dry ingredients and raisins to creamed mixture; stir just until blended. Spoon batter into buttered 9-inch Bundt pan. Bake at 350° for 40 to 45 minutes. Cool 5 minutes. Remove from pan. Sprinkle with powdered sugar.

Branana Bread

SUBMITTED BY AMANDA QUADE, WEST BEND

- 1½ c. all-purpose flour
- ½ c. wheat bran
- ½ c. granulated sugar
- ¼ c. ground flaxseed or flaxmeal
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. cinnamon
- ¼ tsp. salt
- 1½ c. mashed (very) ripe bananas
- ¾ c. plain yogurt
- 2 eggs
- 2 Tbs. butter, melted
- 1 tsp. vanilla
- ½ c. finely chopped walnuts
- ½ c. mini semi-sweet chocolate chips

Preheat oven to 350°. Spray 9x5-inch loaf pan lightly with cooking spray; set aside. In large bowl, combine dry ingredients. In a medium bowl, whisk together bananas, yogurt, eggs, butter and vanilla. Add wet ingredients to dry ingredients and stir just until moistened. Fold in nuts and chocolate chips. Do not over mix. Spoon into prepared pan. Bake 50 minutes or until wooden pick inserted near center comes out clean. Cool in pan on wire rack for 10 minutes. Remove from pan; cool completely on rack. Wrap tightly and store at room temperature.

Banana Salad

SUBMITTED BY TINA WAGNER, HARTFORD

- 1 egg
- 1½ Tbs. vinegar
- 3½ Tbs. water
- 1 c. brown sugar
- 1 Tbs. butter
- 1 tsp. vanilla
- 4 to 5 bananas, sliced
- ½ c. peanuts, chopped (optional)

In saucepan, beat egg well. Add vinegar, water and sugar. Cook over medium heat until thickened (200° on candy thermometer). Stir in butter and vanilla. Chill. Just before serving stir in bananas and nuts.

Hawaiian Hotcakes

SUBMITTED BY MICHELLE HUPFER, WEST BEND

- ½ c. unbleached all-purpose flour
- ½ c. whole wheat flour
- ¼ tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- ½ c. fat-free cottage cheese
- 1 small banana, mashed (¼ c.)
- 2 eggs, beaten
- 1 (15¼ oz.) can pineapple tidbits (juice pack), drained, divided
- 1 (6 oz) carton plain low fat yogurt, divided
- 2 Tbs. fat-free milk
- 1 Tbs. canola oil
- 2 Tbs. shredded coconut, toasted if desired
- 1 tsp. shredded brown sugar (optional)
- warmed maple syrup and/or dry roasted macadamia nuts, chopped (optional)

In a bowl combine dry ingredients. Make a well in center of mixture; set aside. In food processor combine cheese, eggs, banana, ½ c. tidbits, 2 Tbs. yogurt, milk and oil. Cover; process until combined. Add egg mixture all at once to flour mixture. Stir just until moistened. Fold in coconut. Pour batter into a 2-inch circle onto a hot, lightly greased griddle. Cook over medium heat for 2 minutes on each side or until golden brown, turning when surface is bubbly and edges are slightly dry. If desired, stir brown sugar into remaining yogurt. Top warm hotcakes with yogurt, remaining tidbits, syrup and/or nuts. Makes 6 servings, about 24 pancakes.

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