

Banana Bread

1/3 c non-hydrogenated shortening
1/2 c brown sugar
2 eggs
1 c mashed banana (about 2 bananas)
5/8 c pastry wheat flour
3/4 c unbleached white flour
2-1/4 t baking powder
1/2 t salt
1-1/2 t cinnamon
1/8 t nutmeg
1/4 t mace
1/8 t cloves
1/2 c wheat germ
1/2 c broken walnuts
1/4 c chopped apricots or other dry fruit, if desired

Heat oven to 350 degrees.

Blend shortening and brown sugar.

Blend in eggs and banana.

Sift dry ingredients and add, along with wheat germ.

Fold in walnuts and optional dry fruit.

Pour into a greased bread pan; bake 40-45 minutes. Rotate half way thru the baking time, if your oven is like mine. A toothpick inserted in the middle should come out clean.