

Emily 's Ridiculously Simple Banana Bread

recipe: Emily Caruso Parnell, with notes by [movita](#)

Mix together in a bowl:

- 1 1/4 cup flour (white, brown or a mixture)
- 1 tsp baking soda

Mix together in another bowl:

- 2 eggs
- 1/2 cup oil or a mixture of oil and applesauce
- 1 cup sugar (white, brown or a mixture)
- 2 ripe, mashed bananas
- 1/4 cup crushed nuts, sunflower seeds or chocolate chips

Combine the wet and dry ingredients ([i.e. mix the ingredients from both bowls together](#)). Bake at 350 degrees for 1 hour (loaf) or 30 minutes (muffins).

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