

## Jamaican Banana Bread

Anybody who can do a mean banana bread will have a whole heap of friends, shameless enough to ask as they step through yuh door &ldquo;Yuh bake?&rdquo;.

Incentive sweetens labour and with a good banana bread, you can get people to move mountains. What Yuh Ago Need  
Four well ripe bananas, mashed or blended2 cups flour 1/2 cup brown sugar (the darker the better)1/2 cup shortening, or  
four ounces of vegetable oil2 eggs or equivalent in egg substituteAlmonds and or raisins (optional)A little  
&lsquo;toops&rsquo; of salt 1 teaspoon baking soda 1 teaspoon vanilla What Yuh Ago Do Cream shortening and sugar,  
then add salt Beat eggs and add to mixtureFold in flour, baking soda, banana and vanilla. Grease baking pan. Pour in  
batter, bake at 350 degrees fahrenheit for approximately 45 minutes. Insert a dry knife or toothpick in centre to ensure that  
it is doneServe warm or at room temperature with ice cream or by itself.