

**Ingredients:**

- ½ cup butter
- ¾ cup organic cane sugar
- 3 organic ripe bananas
- 2 organic eggs
- 1 tsp baking soda
- 1½ cups King Arthur bread flour
- ½ tsp salt
- ½ tbsp vanilla
- ½ cup raisins
- ½ cup walnuts



**“Dr. Shelson’s  
Heirloom Banana Bread”**

**Steps:**

1. Preheat oven to 350°F.
2. In a bowl, combine softened butter, mashed bananas, organic cane sugar, eggs, and vanilla. Mix until smooth.
3. In a separate bowl, mix King Arthur bread flour, baking soda, and salt.
4. Add the dry ingredients to the banana mixture and stir until just combined.
5. Fold in walnuts and raisins.
6. Grease and lightly flour a loaf pan.
7. Pour batter into the loaf pan and smooth the top.
8. Bake at 350°F for about 1 hour, or until a toothpick inserted in the center comes out clean.
9. Let cool in the pan for about 10-15 minutes, then remove and cool completely before slicing. Enjoy!

Stop Being Told How NOT To Live . . .

*& Start Living!*