



# MYASTHENIA GRAVIS–FRIENDLY BANANA BREAD RECIPE

PREP TIME: 30 MIN • COOK TIME: 60–75 MIN • YIELDS: 2 LOAVES

## INGREDIENTS

- ¾ cup (1 ½ sticks) butter or margarine, at room temperature
- 1½ cups sugar
- 2 eggs
- 3 bananas, mashed (can use frozen overripe bananas)
- 1 tsp vanilla extract
- 1 tsp baking soda
- 2 cups sifted flour
- ¾ tsp salt
- ¾ cup sour cream
- ¾ cup chopped pecans (optional)

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

## DIRECTIONS:

Preheat oven to 325°F.

1. Butter and flour two 8.5-by-4.5-inch loaf pans.
2. In a stand mixer, cream sugar and butter together on medium speed for 10 minutes, or until light and fluffy.
3. Add the eggs, mixing them in fully.
4. Mix the vanilla into the mashed banana.
5. Add mashed banana mixture.
6. In a separate bowl, sift dry ingredients together.
7. Pause the mixer and add roughly half of the dry ingredients, then resume mixing.
8. Pause the mixer and add the sour cream, mixing well.
9. Pause the mixer and add the remaining dry ingredients.
10. Optional: Remove the bowl from mixer and fold in chopped pecans.
11. Divide the batter into prepared loaf pans. Place loaf pans on a jelly roll pan to make it easier to transfer them in and out of the oven. Bake for 1 hour to 1 hour and 15 minutes, or until an inserted toothpick comes out clean and the loaves are golden brown.
12. Allow bread to cool completely prior to slicing. As a serving suggestion, it's great with whipped butter or cream cheese.

**TIP:** Grind the pecans or omit them completely to give the banana bread a smoother texture.