



### Banana Bread Recipe

Several ripe bananas, peeled  
1/4 cup melted butter, along with  
2 tablespoons of grapeseed oil  
1 cup of sugar {I like ¾ of brown  
sugar and ¼ cup of white sugar}  
1 egg, beaten  
1 cup of all-purpose flour  
½ cup of ground almond meal

1-teaspoon baking soda  
1-teaspoon vanilla extract  
2-teapsoons of Limóncello  
{Italian lemon liqueur}  
Pinch of salt  
Spices; cinnamon, nutmeg and  
cardamom

1. Preheat the oven to 350° and butter and flour a 4x8-inch loaf pan.  
In a mixing bowl, mash the ripe bananas until smooth. Stir the melted butter and grapeseed oil into the mashed bananas.
2. Mix in the baking soda and salt. Stir in the sugar, beaten egg, Limóncello and vanilla extract. Mix in the flour, almond meal and spices [cinnamon, nutmeg and cardamom].
3. Pour the batter into loaf pan; bake for 1 hour at 350° until a knife inserted into the center comes out clean.

Remove from oven and cool completely on a rack.