

BANANA OAT FLAPJACKS

2 large firm-ripe bananas, peeled and sliced
1 tbsp. granulated sugar
1 cup all-purpose flour
1/2 cup quick or old fashioned oats, uncooked
1 tbsp. baking powder
1/4 tsp. ground cinnamon
1/4 tsp. salt
1 cup nonfat milk
1 egg, lightly beaten
2 tbsp. vegetable oil
Maple-flavored syrup, warmed
A few more banana slices, optional
Coarsely chopped walnuts or pecans, optional

In medium bowl, combine banana slices and sugar; stir to coat slices with sugar. Set aside. In large bowl, combine flour, oats, baking powder, cinnamon and salt; mix well. In medium bowl, combine milk, egg, and oil; blend well. Add to dry ingredients all at once; mix just until dry ingredients are moistened (do not over mix) Heat griddle over medium-high heat (or pre-heat electric skillet or griddle to 375 degrees). Lightly grease griddle. For each pancake, pour scant 1/4 cup batter onto hot griddle. Top with 4 or 5 banana slices. Turn pancakes when tops are covered with bubbles and edges look cooked. Serve with warm syrup and, if desired, additional banana slices and nuts. Makes about 12 (4-inch) pancakes.

Ellen Nichol • Hamilton

BANANA BARS

1/4 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1 egg
3/4 tsp. cinnamon
1/4 cup margarine
1 c. flour
1/4 cup milk
3/4 cup sugar
1 banana

Melt margarine, add banana; blend well. Beat in egg. Add milk, then rest of ingredients. Pour into 9 x 12-inch pan. Bake for 15-20 minutes at 350°.

Frosting:
2 tbsp. melted margarine
2 tsp. lemon juice
1 tsp. hot water
1 - 1 1/2 c. powdered sugar

Mix well. Frost bars while warm.

Hapi Seewald • Cut Bank

BANANA SHAKE

2 Bananas, sliced
2 cups of fat free milk
2 cups of non-fat vanilla yogurt
1/2 cup pineapple juice
1 tbsp honey

Process all Ingredients in a Blender until smooth. Serve immediately. Makes 4 servings. This shake reduces high blood pressure and gives you a potassium boost.

Gwenie Nelson

CRUNCH-TOP BANANA CAKE

Beat together well:
1 1/2 cups mashed ripe bananas (4 bananas)
1 cup white sugar
1/2 cup brown sugar
3/4 cup vegetable oil
2 tsp. vanilla
3 eggs
1/4 cup buttermilk

Add and mix well:
3 cups white flour
1 1/2 tsp. cinnamon
1 tsp. salt
1 tsp. soda
1/4 tsp. nutmeg

Stir in:
1 cup chopped walnuts or pecans

Pour into 13 X 9 pan (coated with cooking spray. Crumble topping over batter and bake at 350 for 50 to 55 minutes or until tests done.

Crunch Topping

Combine:
1 1/3 cups white flour
3/4 cup brown sugar

Cut in until mixture is like fine crumbs:
1 stick softened butter or margarine

Stir in:
1 cup chopped walnuts or pecans

Sprinkle on top of cake batter before baking.

Lana Toren • Columbia Falls

CHOCOLATE BANANA DESSERT

1 (8 oz.) cntr. Cool Whip
20 Oreo cookies
2 just-ripe bananas

Line a 9 x 5 loaf pan with foil. Break cookies into medium size pieces. Spread a thin layer of cool whip over foil in bottom of pan. Sprinkle half of cookie pieces over cream and then slice one banana over cookies. Repeat the layering ending with Cool Whip. Freeze 24 hours. Take out ½ hour before serving. Lift out of pan to serve. Slice like bread. Drizzle with chocolate sauce.

**Michelle McConnaha
Corvallis**

GINGER/ALMOND BANANA CREAM PIE

Ginger snaps (enough to line pie dish)
1 pkg. instant banana pudding mix
1 tsp. almond flavoring
2 bananas
Whipped topping
Slivered almonds

Line pie dish with ginger snaps (bottom and sides). Prepare pudding mix, add almond flavoring and pour over ginger snap lined pie plate. Slice bananas over pudding. Top with whipped cream or whipped topping. Sprinkle with slivered almonds and refrigerate. Serves 6.

Charlene Madieros • Kalispell

FROSTED BANANA BARS

1/2 cup margarine
2 cups sugar
3 eggs
1 1/2 cups mashed bananas (about 3-4 med. bananas)
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
Pinch of salt

Cream margarine and sugar. Beat in eggs, bananas and vanilla. Combine flour, baking soda, and salt; add to creamed mixture and mix well. Pour into greased 15 x 10 x 1 baking pan. Bake at 350° for 20 to 25 minutes or until tests done. Cool and frost with following frosting:

FROSTING

1/2 cup margarine, softened
1 (8 oz.) pkg. cream cheese, softened
4 cups powdered sugar
2 tsp. vanilla

Cream margarine, cream cheese and vanilla. Gradually add powdered sugar a cup at a time. Frost cooled banana bars. (I set the frosted bars in the freezer for a while to make cutting into 36 bars easier and neater) May store in the refrigerator or freezer.

Darla Quinlan • Lewistown

CHOCOLATE CHIP BANANA BREAD

3/4 cups sugar
2 tsp. vanilla
1-1/2 cups mashed ripe bananas (about 2 or 3 large)
1/2 tsp. baking powder
1/2 tsp. salt
3/4 cups vegetable oil
1/2 cup chopped nuts, optional
2 eggs
1/3 cups mini chocolate chips (or more, if wanted)
2 cups flour
1 tsp. baking soda

Preheat oven to 325°. Grease a loaf pan. Mix sugar, bananas, oil, and eggs in a large bowl. Stir in dry ingredients, and then stir in nuts and/or chocolate chips, if desired. Pour into a pan and bake for 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool for at least 10 minutes. Loosen sides of loaf from pan and remove. Cool completely before slicing.

Amy Mills • Bigfork

ROXIE'S JELL-O SALAD

- 1 (20 oz.) can crushed pineapple, drain and save juice
- 1 (3 oz.) lemon Jell-O
- 1 (3 oz.) orange Jell-O
- 2 cups mini marshmallows
- 3 large bananas (not overly ripe)
- 1 cup finely grated cheddar cheese
- 1 cup Cool Whip

Combine lemon Jell-O with 1 cup boiling water. Stir very well and then add 1 cup ice cubes. Add drained pineapple and put mixture into a 9 x 13 dish. Refrigerate lemon Jell-O. Repeat process with orange Jell-O, adding marshmallows. Pour over lemon Jell-O.

Dressing

- 1 cup reserved pineapple juice
- ¼ cup granulated sugar
- 1 large egg, beaten
- 1 tbsp. butter
- 2 tbsp. cornstarch

Combine all ingredients in a small pan, bring to a boil and cook until thickened. Cover and refrigerate overnight. Next Day: Slice bananas over Jell-O. Mix Cool Whip into cooked dressing and spread over bananas. Sprinkle cheddar cheese evenly over all. This makes enough for company.

Arlyne Gottschalk • Kalispell

FROSTED BANANA COOKIES

- ¾ cup of butter
- ¾ cup of brown sugar
- 1 egg
- ½ tsp. vanilla
- 2 mashed bananas
- ¼ tsp. salt
- 1 tsp. baking soda
- 2 cups of flour

Cream butter and sugar. Add egg, vanilla and banana. Beat well. Mix in dry ingredients. Drop by tablespoons onto greased cookie sheets. Bake 10 minutes at 350°. Frost with the following frosting.

Frosting

- 6 tbsp. brown sugar
 - 4 tbsp. butter
 - ½ tsp. vanilla
 - 4 tbsp. milk
- Powdered sugar**

Combine the brown sugar, milk and butter in a saucepan. Bring to a boil and remove from heat. Add powdered sugar to make a nice consistency to spread on cookies. Stir in vanilla and then frost cookies while frosting is still warm.

Cindy Artist • Fort Shaw

SOURDOUGH BANANA BREAD

- ¼ cup butter at room temperature
- 2 eggs
- 1 cup sourdough starter
- 1 ½ cups sugar
- ¾ tsp. vanilla
- 1 1/8 cup mashed ripe bananas (about 2 large bananas)
- 1 ½ tbsp. lemon juice
- 1 ½ cups all-purpose flour
- 1 ½ cups whole-wheat flour
- 2 ¼ tsp. baking powder
- 2 tsp. baking soda
- ¾ tsp. salt

Cream together butter, eggs, sourdough starter, sugar and vanilla. In a separate bowl combine bananas and lemon juice. In another bowl sift together flour, baking powder, baking soda and salt. Add flour mixture and banana mixture alternately to the creamed mixture, beginning and ending with flour. Divide into two 5 x 9 inch loaf pans and bake in a 350° oven for 40 minutes or until an inserted toothpick comes out clean.

Sourdough starter:

- 1 1/8 tsp. yeast
- 1 cup lukewarm water
- 1 cup whole-wheat flour

Dissolve yeast in water and let sit for 10 to 15 minutes. Slowly add the flour and mix well. Place in a glass jar or earthenware crock (no metal). Let sit at room temperature for several days, until fermented and bubbly. Stir well and refrigerate. To feed your starter (create more to use and still have some leftover) add equal amounts of flour and water (about 1 cup each will do) and let it ferment for about 8 hours.

Danica Loucks • Hamilton

BANANA SPLIT CAKE

3 cups graham cracker crumbs
3 ½ sticks butter
3 cups powdered sugar
2 tbsp. granulated sugar
2 whole eggs
1 tsp. vanilla
Approximately 5 bananas
1 (8 oz.) can pineapple tidbits
or crushed
1 large cntr. Cool Whip
1 cup finely chopped nuts, your choice

Mix together graham cracker crumbs and 1 1/2 stick of butter and granulated sugar. Press into a 9 x 13 cake pan. Beat together until creamy 2 sticks of butter, powdered sugar, eggs and vanilla. Spread over graham cracker crust. Slice bananas and place over creamy mixture. Spread out pineapple over bananas. Top with Cool Whip and chopped nuts. Chill overnight.

Teresa Miller • Kalispell

BANANAS FOSTER

1/3 cup butter
1/3 cup brown sugar
3 ripe bananas, cut on the bias,
approx. 2 cups
¼ tsp. ground cinnamon
2 tbsp. crème de cacao or
banana liqueur
¼ cup rum
2 cups vanilla or chocolate ice cream

In a large skillet melt the butter and stir in the brown sugar to melt. Add the bananas and cook slowly, about 2 minutes. Sprinkle with cinnamon and stir in the crème de cacao. In a saucepan, heat the rum until it almost simmers. If you are brave, ignite the rum with a long match. Be careful! Pour over bananas, stirring gently and spoon over ice cream. Serves 4.

Patricia Lawshe • Kalispell

BANANA SPLIT BROWNIE PIZZA

1 pkg. brownie mix
2/3 cup sugar
banana slices
strawberry slices
1 (8 oz.) can crushed pineapple, drained
2 (8 oz.) pkgs. cream cheese
1 tbsp. butter
1 oz. semi-sweet chocolate chips
½ cup nuts, chopped

Preheat oven to 375°. Mix brownie mix as directed on pkg. and bake in a pizza pan. Cool. Mix cream cheese and sugar until smooth. Spread over cooked brownies and top with fruit and nuts. Melt chocolate and butter together, stirring until smooth. Drizzle over fruit. Chill.

Anges DeLeon • Melrose

BANANA PIGS

6 slices boiled ham
6 slices American cheese
6 bananas
Prepared mustard

Place slices of ham on a square of foil large enough to fold well over on each side. Spread with mustard. Place slice of cheese on this and on top place a sliced banana. Wrap cheese and ham around banana and fasten with a toothpick. Fold foil well over on each side and broil over hot coals for 15 minutes or bake at 400° for 15 minutes. Serves 6.

Jane Bailey • Corvallis

BANANA CREAM CRUNCH

Crust
1 cup sifted flour
¼ cup brown sugar, firmly packed
½ cup chopped walnuts
½ cup butter, melted (1 cup)

Filling
2 egg whites
½ cup sugar
2 cups sliced ripe bananas
2 tbsp. Lemon juice
1 cup whipping cream, whipped with
1 tsp. vanilla

For the crust, mix ingredients and spread evenly in shallow pan. Bake at 350° for 20 minutes, stirring occasionally. Sprinkle 2/3 of the crumbs in a lightly greased 9 x 13 inch pan. For the filling, beat all but whipped cream with electric mixer to stiff peaks (about 10 minutes). Fold in whipped cream. Spoon over crumb-lined pan and top with remaining 1/3 crumbs. Cover and freeze 6 hours or overnight. Thaw slightly before cutting. 10-12 servings.

Nancy Sasser • Choteau

BANANA PECAN TORTE

1 cup butter or margarine, softened
2 ½ cups sugar
4 eggs
2 cups mashed ripe bananas, about
4 medium
2 tsp. vanilla extract
3 ½ cups all-purpose flour
2 tsp. baking soda
¾ tsp. milk
½ cup buttermilk
1 cup pecans, toasted

Frosting

1 (8 oz.) pkg. cream cheese, softened
½ cup butter or margarine, softened
3 ½ cups confectioners' sugar
1 tsp. vanilla extract
toasted almonds

In a mixing bowl, cream butter and sugar. Add the eggs, one at a time, beating well after each addition. Beat in bananas and vanilla. Combine dry ingredients; add to creamed mixture alternately with buttermilk. Stir in pecans. Pour into three greased and floured 9 inch round cake pans. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool in pans 10 minutes; remove to wire racks to cool completely. For frosting, beat cream cheese, butter and sugar in small mixing bowl. Add vanilla. Spread between layers and top of cake. Sprinkle with pecans. Yield: 12-16 servings.

Benny J. Wurz • Pendroy

BANANA CARROT CAKE

3 cups flour
1 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
3 eggs
1 cup sugar
1 cup oil
2 tsp. vanilla flavor
5 large mashed bananas
2 cups carrots, grated
½ cup nuts

Mix first 5 ingredients together. Mix remaining ingredients together and mix with first 5. Add nuts last. Put in prepared (oil) loaf pans filling ¾ full. Bake at 350° for 45 minutes to an hour. Test with a toothpick. When cool, top with cream cheese frosting. Recipe follows.

Cream Cheese Frosting

4 tbsp. butter
1 cup powdered sugar
8 oz. cream cheese
2 tsp. vanilla

Mix well until smooth.

Hilda Ingraham • Eureka