

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
Preheat Oven to 350 degrees Fahrenheit															
Grease a 9" x 5" x 3" loaf pan															
2 Cups All-Purpose Flour	Sift					Fold Dry into Wet, alternating with Buttermilk	spoon into pan	sprinkle on top	Bake at 350 Fahrenheit for 1 hour in loaf pan						
1 1/2 teaspoons Baking Powder															
1 teaspoon Cinnamon															
1/2 teaspoon Baking Soda															
1/2 teaspoon Salt															
1/4 teaspoon Allspice															
1/4 teaspoon Nutmeg															
4 large Very Ripe Bananas	Mash					Fold together									
2 Tablespoons Lemon Juice															
1/2 Cup Unsalted Butter	Cream														
2/3 Cup Granulated Sugar															
1/3 Cup Brown Sugar															
3 Large Eggs	Add and beat until fluffy														
2 teaspoons Vanilla															
1/3 cup lowfat Buttermilk															
2/3 Cup chopped pecans															
1/3 Cup Packed Brown Sugar															