# HEALTHY COOKING W/ SEASONAL PRODUCE DEMO SERIES



## Whole-Grain Banana Bread

| PREP: | COOK: | SERVINGS: |
|---|---|---|
| 10 MIN | 55 MIN | 1 LOAF |

### Ingredients:

- 1 Cup (~2 large) ripe bananas *mashed*
- 2 eggs
- ⅓ Cup neutral oil (i.e. canola oil)
- ½ Cup honey or maple syrup
- ¼ Cup milk
- 1 tsp baking soda
- 1 tsp vanilla extract
- ½ tsp salt
- ½ cinnamon *ground*
- 1 ¾ Cup whole wheat flour
- ½ Cup walnuts, pecans, chocolate chips, raisins, chopped dried fruit *optional*

### Directions:

1. Preheat oven to 325 degrees F and grease a 9×5-inch loaf pan.
2. In a large bowl, whisk oil and honey together. Add eggs and beat well, then whisk in the mashed bananas and milk.
3. Add baking soda, vanilla, salt and cinnamon, whisk to blend. With a big spoon, stir in the flour, just until combined. Some lumps are ok! Add in optional mix-ins now.
4. Pour batter into loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55-60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan. Carefully transfer the loaf to a wire rack to cool before slicing.

Recipe & Photo Credit: Healthy Banana Bread! - Cookie & Kate by Kathryne Taylor