

Healthy Eating - Recipe 2

Healthy Banana Bread



Prep Time: 15 minutes

Cook Time: 55 minutes

Total Time: 1 hour 10 minutes

Servings: 8 Calories: 318kcal

Ingredients

Cooking
Time



- 1 cup flour, whole wheat
- 1 cup white whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3-4 bananas mashed
- 1/4 cup maple syrup or honey
- 6 tablespoons butter
- 1/2 cup yogurt, plain
- 2 large egg
- 1 teaspoon vanilla extract
- 1/2 cup walnuts, chopped

Always make sure you get an adult to help you with the oven part!!!



Instructions

- * Preheat oven to 350°F. Grease one standard-sized loaf pan.
- * Combine flours, salt, baking powder, and baking soda in a medium bowl; set aside.
- * Melt butter in a saucepan. Whisk in syrup, yogurt, vanilla, mashed bananas, and egg. (Make sure the mixture is somewhat cooled before adding the egg.)
- * Stir in flour mixture; beat just until blended. Stir in nuts, if using.
- * Pour into loaf pan. Sprinkle extra walnuts on top, if desired, before baking.
- * Bake 55 to 65 minutes or until wooden pick inserted in centre comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool completely.

