

Banana Bread

Ingredients:

- 1/3 cup melted coconut oil or extra-virgin olive oil
- 1/2 cup honey or maple syrup
- 2 eggs
- 2 large over ripe bananas
- 1/4 cup milk of choice
- 1 teaspoon baking soda
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon, plus more to swirl on top
- 1 3/4 cups white whole wheat flour or regular whole wheat flour**

Optional Mix ins:

- 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices

Directions

1. Preheat oven to 325 degrees Fahrenheit and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (typically, if I haven't added any mix-ins, my bread is done at 55 minutes; if I have added mix-ins, it needs closer to 60 minutes). Let the bread cool in the loaf 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

MADE WITH LOVE

by Teresa Forchard