

Banana Bread

Prep. Time: 20 minutes

Bake Time: 55-60 minutes

One 8 x 3½ x 2½ loaf

2 c. white whole wheat flour*
1 t. baking soda
½ t. salt

¾ c. maple syrup
1½ c. mashed ripe bananas
--approximately 3 med.
¼ c. mild olive oil
¼ c. water
¼ c. applesauce
¼ c. Soy Good Milk or
Better Than Milk Powder
1 T. ground flaxmeal

¾ c. walnuts, chopped

PREHEAT oven to 350°.
COMBINE first 4 ingredients.

Using mixer BEAT these ingredients together in separate mixing bowl.

ADD nuts & flour mixture, MIXING ONLY until combined.

POUR into prepared loaf pan.

BAKE at 350° for 55-60 minutes or until toothpick inserted in center comes out clean.

ALLOW to cool 10 minutes before removing from pan.

*May use half white flour or replace ½ cup with whole-wheat pastry flour.

This sweet bread freezes nicely for future use