

# Banana Bread

**Prep Time**

10 min

**Cook Time**

55 min

**Servings**

4

## INGREDIENTS

- ⅓ cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs (or 2 flax eggs for vegan option)
- 1 cup mashed ripe bananas (2 large bananas)
- ¼ cup milk of choice or water
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon ground cinnamon, plus more to swirl on top
- 1 ¾ cups whole wheat flour
- Optional add ins: ½ cup mix-ins like chopped walnuts or pecans, raisins, chopped dried fruit, fresh banana slices

## DIRECTIONS

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) 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. Stir in the flour and add in any additional mix-ins.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let cool for 10 minutes.



## Nutrition Info

<b>Serving Size</b>	1 slice
<b>Calories</b>	229
<b>Fat</b>	8.2 g
<b>Protein</b>	4.6 g
<b>Total Carbohydrates</b>	35.4 g
Fiber	3.1 g
Sugars	15 g
<b>Fibre</b>	3.1 g
<b>Sodium</b>	260 mg

Adapted from: <https://cookieandkate.com/honey-whole-wheat-banana-bread/>

\*Allergens dependent on products used. If you have a food allergy check all product labels.