

Banana Bread Recipe

This recipe has been adapted as a lower sugar, higher fiber version. It makes 2 loaves (9"x 5" each). So make two loaves and freeze one for later. You'll be glad you did!

Ingredients:

1 ¼ cups/300ml unbleached all-purpose flour
1 ¼ cups/300ml whole wheat flour (can also substitute ¼ cup flour with ¼ ground flaxseed)
2 tsp/10ml baking soda
1 tsp/5ml baking powder
1 cup/250ml sugar
3 eggs
½ cup/125ml plain Greek yogurt
½ cup/125ml avocado oil
2 tsp pure vanilla
5 very ripe bananas, medium sized
Sprinkle of semi-sweet or dark chocolate chips for topping, optional

Method:

1. Preheat oven to 350°F/180 C. Lightly oil two 9"x 5" loaf pans.
2. In a stand mixing bowl fitted with paddle, blend bananas until well mashed and runny.
3. Blend in sugar, eggs, yogurt, oil and vanilla. Mix until combined.
4. In a separate bowl, combine flours, baking soda and baking powder. Add to banana mixture. Blend until just combined.
5. Pour batter evenly into prepared pans.
6. Sprinkle tops of loaf batter with chocolate chips, if desired.
7. Bake in preheated oven for about 45 minutes. If tester inserted in center still wet, place foil on top of loaves. This will prevent over-browning tops. Continue baking another 5 minutes.
8. Cool for about 5-10 minutes on wire rack. Remove from pans. Let cool completely before slicing.