

Banana Bread

Написано от

Вторник, 05 Май 2009 14:30 - Последна промяна Сряда, 02 Септември 2009 16:54



This is the original recipe of the all-natural, low calories, whole wheat bread we had on our April meeting. I love the American sweet breads you can buy at Starbucks because they resemble our Bulgarian cakes. Only they have too much sugar. This one uses honey and is much healthier. It is also very easy to make.

Ingredients:

4 ripe bananas

Honey - 1/2 cup

Canola oil - 3 tbsp

Vanilla essence - 1 and 1/2 tsp

Whole wheat flour - 1 and 1/2 cups

Baking soda - 1 1/2 tsp

Old fashioned oats - 1/2 cup

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Salt - 1 pinch

Walnuts - 1/2 cup chopped + some **half walnuts** arranged on top to garnish

METHOD OF COOKING: Bake the mixture at 350 degrees for 45 -60 minutes.