



BANANA BREAD

YIELDS: 1 LOAF

Here is a healthy and delicious way to use up those brown bananas. This Banana Bread uses our Anita's Organic High Protein Flour packed with...you've guessed it protein. Made from a superior blend of sprouted wheat, lentil and bean flours it is a great addition to your baking.



Ingredients

- 2 large ripe bananas
- 2 large eggs or 2 tbsp flax meal mixed with 6 tbsp water
- ½ cup yogurt (regular or dairy free)
- ½ cup Anita's Organic Cane Sugar or ½ cup date paste
- ¼ cup coconut oil, melted
- 1 ½ tsp vanilla
- 1 ½ cup Anita's Organic Sprouted High Protein or Whole Grain Flour
- 1 tsp baking soda
- 1 tsp salt
- Optional: ½ cup diced nuts, raisins or chocolate chips

Instructions

1. Preheat oven to 350°F
2. In a mixing bowl mash the bananas. Add eggs, yogurt, sugar, coconut oil, vanilla and mix or blend on medium-low for 30 seconds.
3. Add High Protein Flour, baking soda, salt, mix until just combined.
4. Add optional ingredients and mix until just incorporated.
5. Pour batter into greased 9"x5" loaf pan. Bake for 50-60 minutes, test with toothpick, when inserted into center it should come out clean. Allow to cool in pan for 10 minutes, remove bread onto wire rack to cool completely.