

BANANA LOAF

Ingredients

1. 1/2 cup olive oil
2. 1 1/2 cups sucanat with honey or 1/2 cup honey
3. 2 eggs
4. 1 teaspoon vanilla
5. 2 cups whole wheat flour - soft pastry
6. 1/2 teaspoon salt
7. 1/2 cup ground flax seed -- optional
8. 1/2 teaspoon baking powder
9. 3/4 teaspoon baking soda
10. 1 cup chopped nuts
11. 1 cup banana -- mashed
12. 1/4 cup yogurt

Instructions

1. Cream oil and add sucanat, eggs, vanilla. Combine dry ingredients and add to liquid mixture. Add mashed bananas last and then add nuts. Stir lightly. Grease 1 large or 2 small loaf pans or 1 bundt pan. Bake approx. 40 minutes.

Variations

1. 1. Olive oil may be replaced with 1/2 cup yogurt, making it a total of 3/4 cup yogurt.
2. 2. One stick of butter may be substituted for both olive oil and yogurt.
3. 3. Nuts can be replaced with mini chocolate chips.