

Banana Walnut Bread



They can be found at your grocery store all year long, are easily stored and come in their own yellow carrying case when you're on the go! Walnuts star in this easy-to-make, super moist Banana Walnut Bread but feel free to swap those for another favorite nut. An overabundance of ripe bananas? Make a few extra loaves, wrap in plastic, and freeze. Thaw at room temperature for an hour and you'll have fresh banana bread ready to go by the time everyone wakes up. Freezing individual slices works well too. Welcome to one of our family favorites.

Ingredients:

- 5 ripe bananas

- 3 eggs
- 8 oz pitted dates
- ½ cup applesauce
- ½ cup of butter, melted (or canola or coconut oil)*
- 1 tbs. vanilla extract
- 3 tsp. baking soda
- 1 tsp. baking powder
- 3 cups whole wheat pastry flour
- 1 cup walnuts, coarsely chopped

Instructions:

1. Preheat oven to 350 degrees.
2. Spray two 8 X 4-inch loaf pans.
3. Put all ingredients except flour and nuts in a food processor. Mix until smooth.
4. Combine flour and nuts in a large bowl.
5. Stir in the banana mixture until blended. Do not overmix.
6. Pour into prepared pans.
7. Bake for 50 minutes or until a toothpick inserted in the center of a loaf comes out clean.
8. Let bread cool in pans for 15 minutes; turn out on a rack and finish cooling.
9. Optional: Add a sliced banana or two on top.

***Coconut oil** contains unique fatty acids that can boost the metabolic rate, reduce appetite and help you lose weight without counting calories. I think I'll try that next time.

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