

Healthier Banana-Walnut Bread

Yield: 1 9x5 loaf

Ingredients:

3 ripe bananas, mashed

2 eggs

1/2 cup plain Greek yogurt

1/2 cup unsweetened applesauce

1/4 - 1/3 cup maple syrup (adjust for preference of sweetness)

1 teaspoon vanilla

1 cup whole wheat flour

1/2 cup all-purpose flour

1 1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/2 cup walnuts

Directions:

1. In a large bowl, mix together the bananas, eggs, yogurt, applesauce, maple syrup, and vanilla.
2. In a separate bowl, stir together the flours, baking powder, baking soda, salt, and cinnamon.
3. Add the dry ingredients to the wet ingredients and mix together. Don't overmix. Fold in walnuts.
4. Pour batter into a well-greased 9x5 bread pan.
5. Bake at 350 degrees for 50 minutes or until a toothpick inserted comes out clean. If the top browns too quickly, loosely cover with aluminum foil.
6. Remove from oven and let bread rest in the pan for 5-10 minutes before transferring onto a cooling rack. After the first day, store in the fridge for up to one week.