

Healthy Banana Bread makes 8-12 slices

3 large bananas, mashed (about 1 1/3 Cups mashed)
1/3 cup egg whites or 2 eggs
2 tbsp. softened butter/reduced fat dairy spread/non-dairy spread
1.5-3 tbsp. honey (depending on how sweet you like things)
1 tsp vanilla
1 cup whole wheat flour/buckwheat flour/gf **oat flour**
1/2 cup plain flour/gluten free plain flour
1 1/2 tsp baking powder
1/4 tsp baking soda
Pinch of salt
Optional mix in's: spices, nuts, chocolate chips, etc.

Preheat your oven to 180°C/355°F

Grease and line a loaf tin or small cake pan

Mash your bananas and mix in the eggs, honey, butter and vanilla.

Mix together your flours, baking powder/soda and salt and pour into wet ingredients.

Mix until just combined and pour into your baking tin.

Bake for ~40-50 minutes, keeping an eye on your loaf to ensure it doesn't brown too much. If your banana bread is browning too much, but not cooked in the middle, cover it with foil.
Bake until a skewer inserted removes clean and cool slightly before turning out of the tin.

