Banana Loaf

Makes 12 servings.

Ingredients

- 4 medium size bananas
- 80 ml (1/3 cup) vegetable oil
- 2 large eggs
- 125 ml (1/2 cup) granulated sugar
- 5 ml (1 tsp) vanilla extract
- 375 ml (1 1/2 cups) flour (try using all whole wheat or a combination of all purpose and whole wheat flour)
- 5 ml (1 tsp) baking soda
- 1.25 ml (1/4 tsp) salt

Instructions

1. Preheat oven to 175°C (350°F).
2. In a large mixing bowl, mash bananas.
3. Whisk in oil, eggs, sugar and vanilla.
4. Sift in flour, baking soda and salt.
5. Gently mix all ingredients together (be careful not to over mix).
6. Pour into a greased loaf pan.
7. Bake for 1 hour 10 minutes (or until toothpick comes out clean).

TIPS:

- For extra fiber and healthy omega-3’s, try adding 2 tbsp. of ground flax seed.
- You can use this recipe to make banana muffins – pour batter into lined or greased muffin tins, and bake for approximately 20-25 minutes. Makes 12 muffins.