

Very Banana-y Whole-Wheat Banana Bread

J9

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Servings: 10

*1/2 cup packed brown
sugar
2 tablespoons olive oil
3 eggs
1/3 cup unsweetened
applesauce
1 teaspoon vanilla extract
3 (7- to 8-inch) ripe
bananas, mashed
1 3/4 cups whole-wheat
flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 cup chopped walnuts,
toasted*

Preheat the oven to 325 degrees.

Line the bottom of a 5x9-inch nonstick loaf pan with parchment paper.

In a large bowl, beat the brown sugar and oil with an electric mixer until well blended. Add the eggs, applesauce and vanilla. Mix until blended. Stir in the mashed bananas. Add the flour, baking soda, cinnamon and salt. Stir until incorporated. Fold in the walnuts, reserving 1 to 2 tablespoons of the walnuts. Pour the batter into the prepared baking pan. Top with the reserved walnuts.

Bake until a toothpick inserted in the center comes out clean, 60 to 65 minutes. Let cool in the pan for 15 minutes, then turn the loaf out onto a wire rack to cool completely.

Per Serving (excluding unknown items): 202 Calories; 8g Fat (calories from fat); 6g Protein; Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 259mg Sodium. Exchanges: 1 Grain(Starch); Lean Meat; 0 Fruit; 1 1/2 Fat; Other Carbohydrates.