

BANANA LOAF

Number of portions: 10 slices

Portion size: 1 slice (1/10)

INGREDIENTS

1½ cup whole wheat flour

¼ cup sugar

2 tsp baking powder

½ tsp baking soda

½ tsp salt

¼ cup vegetable oil

2 eggs, beaten

1 tsp vanilla (optional)

3 ripe bananas, mashed

1 cup bran cereals (*All Bran*®) or oatmeal



METHOD

1. Preheat the oven at 350°F.
2. In a bowl, mix the flour, sugar, baking powder, baking soda and salt.
3. In a second bowl, mix the oil, eggs, vanilla and mashed bananas. Add cereals and mix.
4. Pour the liquid ingredients over the dry ingredients. Mix.
5. Pour the batter in a loaf pan.
6. Bake in the center of the oven for 45 min.

TIPS

- ½ cup of chopped dates or raisins could be added.