



Whole Wheat Banana Nut Bread

Jacob · 28/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

12

Description

This is a moist banana bread recipe that I make fairly often with leftover very ripe bananas

Ingredients

— - ? cup vegetable oil - ½ cup honey - 1 teaspoon vanilla extract - 2 eggs - 1 cup mashed bananas - 1 ¾ cups whole wheat flour - ½ teaspoon salt - 1 teaspoon baking soda - ¼ cup hot water - ½ cup chopped walnuts

Instructions

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5-inch loaf pan. In a large bowl
2. beat oil and honey together. Add eggs
3. and mix well. Stir in bananas and vanilla. Stir in flour and salt. Add baking soda to hot water
4. stir to mix
5. and then add to batter. Blend in chopped nuts. Spread batter into prepared pan. Bake until a toothpick inserted in the center of the loaf comes out clean
6. 55 to 60 minutes. Cool on wire rack for 1/2 hour before slicing. Cook's Note I usually freeze ripe bananas until I have enough for a batch or two. To freeze
7. peel bananas
8. break them in half
9. and store in a plastic bag. To use
10. thaw bananas and add to the mixing bowl. I have used applesauce instead of oil to make this low-fat. It is not quite as moist
11. but the flavor is still as good.