

## **Whole Wheat Banana Bread**

### **A Healthier Version of a Classic**

1 T. ground flax seed  
1  $\frac{3}{4}$  cups whole-wheat pastry flour  
 $\frac{3}{4}$  cup evaporated cane juice (aka organic sugar)  
1 tsp. baking soda  
 $\frac{1}{2}$  tsp. salt  
2 eggs  
 $\frac{1}{2}$  cup safflower oil or other vegetable oil  
 $\frac{1}{3}$  cup buttermilk  
 $\frac{1}{2}$  tsp vanilla  
3 ripe bananas mashed  
 $\frac{1}{2}$  cup ground walnuts or mini-chocolate chips (can use grain sweetened chocolate chips or carob chips)

Preheat oven to 325.

Spray a 9 x 5 loaf pan. Whisk the dry ingredients together in a bowl (flour, sugar, baking soda, salt, and ground flaxseed). In a separate bowl, blend eggs, oil, buttermilk, and vanilla. Then, add liquid ingredients to the dry ingredients, mixing with a wooden spoon until blended. Add mashed bananas and nuts or chips. Mix lightly. Transfer batter to prepared pan. Bake until top is golden brown and splits slightly, about 60-65 minutes. Cool in pan about 10-15 minutes then remove and cool on a wire rack.

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