



FOOD
FRESH
PROJECT



BANANA BREAD

Banana Bread with alternatives (zucchini/carrot/mix ins)

3 large bananas, very ripe (or two cups of your shredded vegetable/fruit/puree)

1/2 cup vegetable or coconut oil

1/2 cup white sugar

1/2 cup brown sugar

1 teaspoon vanilla extract

2 large eggs

2 cups unbleached flour

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon kosher salt

*If making this recipe with a shredded vegetable/fruit/puree add 1/4 cup of milk to the mix
You can also add 1/2 cup of mix-ins of your choosing (chocolate chips, nuts, seeds, candies, anything!!)*

Start by preheating your oven to 350° F.... peel the bananas into a bowl, mash them with a fork until they turn into a nice smooth puree, into this were going to add our eggs and sugars, give it a good mix, then add the rest of your liquid ingredients (oil + vanilla).

In a separate bowl or container, add the baking powder, soda + salt (and any spices you may want to add) to the flour, then throw this into the banana mixture and stir just until it's combined. You don't want to mix it any further than that because then the gluten proteins in the flour will become active which will make our bread way more dense than we want it. It should be more like a cake than a bread!

Once your mixture is ready pour it into a greased loaf pan or muffin tray (you can use muffin liners instead of greasing if you prefer) and bake for 45 - 50 minutes for a loaf, or 20 - 25 minutes for muffins. You can always do the faithful toothpick test, insert a clean toothpick into the middle of your banana bread, and if it comes out clean its well baked and ready to come out of the oven!

Let your bread cool or enjoy it while its hot out of the oven !!

Also, this bread is very easy to make into a different flavoured loaf by swapping the bananas for another fruit (shredded apples, apple sauce, mashed berries) vegetable (shredded zucchini, carrot, pumpkin, squash, turnip even??) or a puree (e.g. pumpkin puree is all I can think of right now, any canned puree!)

ENJOY!