# HEALTHY BANANA BREAD

Here's a sweet and savory muffin we think you'll love! Loaded with lots of veggies (but hardly noticeable), low fat, great for breakfast or as a healthy snack, and a great post workout carb to help replenish your muscles

## Ingredients:

- 3 very ripe bananas, mashed
- 2 organic eggs, at room temperature (very important to be at room temp)
- 1/3 cup pure maple syrup
- 1/2 cup plain or vanilla Greek yogurt (whole milk or 2% is best)
- 1 tsp vanilla extract
- 1 3/4 cup whole wheat pastry flour*
- 1 tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt
- 1/3 cup butter, melted and cooled




Optional add-ins:

- 1/2 cup chopped walnuts or pecans
- 1/2 cup chocolate chips
- 2T chocolate chips, for sprinkling on top

*Can substitute 1 cup whole wheat flour and 3/4 cup all purpose flour instead of whole wheat pastry flour

## Directions:

1. Preheat oven to 350 degrees. Line a 8 1/2 x 4 1/2 inch pan with parchment paper and grease the inside of the pan to prevent sticking.
2. In a large bowl mix together the mashed banana, eggs, maple syrup, Greek yogurt and vanilla extract to a bowl until well combined.
3. In a large bowl, whisk together the dry ingredients: whole wheat pastry flour, baking soda, cinnamon and salt. Add dry ingredients to wet ingredients and mix until just combined. Do not overmix!
4. Next, mix in the melted and cooled butter and fold in an of the following: ½ cup chopped walnuts or ½ cup chocolate chips (or both!).
5. Add banana bread batter into prepared pan. Bake for 50-60 minutes or until a tester inserted into the middle comes out clean or with just a few crumbs attached. Allow bread to cool in the pan for 10 minutes, then remove and transfer to a wire rack to finish cooling.
6. Once bread is cool, cut into 12 slices. Serve with nut butter spread on top for a healthy snack or breakfast on the go!

NUTRITION PER SERVING:

Servings: 12 slices) Serving size: 1 slice, Calories 178kcal, Fat 6g, Sat fat 4g, Carbs 28g, Fiber 3g, Sugar 10g, Protein 4g

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