Banana Bread

Description

This is a healthy version that I came up with. The kids love it!

Summary

Yield: 1
Source: Jill Schlosser
Prep Time: 1 hour
Category: Breads
Cuisine: American

Ingredients

- 1 cup ripe banana mashed (I use 3-4 bananas)
- 4 oz unsweetened applesauce
- 1 3/4 cup Whole wheat pastry flour
- 2 eggs (room temp)
- 3/4 cup agave nectar or honey
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla extract
- 4 tbsp sour cream or plain greek yogurt
- 1/2 cup semi sweet chocolate chips

Instructions

Combine applesauce, agave (or honey) with mixer. Add eggs and vanilla. Combine dry ingredients in separate bowl. (Flour, baking powder, baking soda) and add to wet mixture. Add sour cream (or yogurt). Combine. Add bananas. Mix well. Stir in chocolate chips. Grease loaf pan, 8 x 8 cake pan or muffin tins.

Bake at 350 degrees for:

Cake pan (8 x 8) = 35 minutes

Mini Muffins = 20 minutes

Loaf = 40 minutes or until toothpick comes out clean.