

Banana Nut Bread

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- Prep time: 10 minutes
- Cook time: 50-60 minutes
- Total time: 1¼ hour

No peanuts | No milk | No soy | No fish | No sesame



Ingredients:

- 2 cups flour
- 1½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 5 medium bananas, mashed
- 2 eggs, beaten
- ¾ cup sugar
- ½ cup canola oil
- ¼ cup walnuts or pecans, ground
- ½ cup semi-sweet chocolate chips (optional)

Contains wheat, eggs, and tree nuts. Chocolate chips may contain milk.

Allergy-friendly Substitutions:

- **No wheat:** use wheat-free all-purpose flour blend
- **No tree nuts:** omit walnuts or pecans
- **No milk:** use milk-free chocolate chips or omit
- **No egg:** see my Egg-free Banana Muffin recipe

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Preheat oven to 350°F. Grease bottom of 4½ x 8½-inch loaf pan.
3. In a large bowl, combine the flour, baking soda, baking powder, salt, cinnamon, and sugar. Whisk until evenly combined.
4. In a medium bowl, mash the bananas into a smooth puree. Add the eggs, sugar, and oil. Whisk to combine.
5. Add the wet ingredients to the dry ingredients.
6. Fold in ground nuts and chocolate chips (optional). Pour into loaf pan.
7. Bake at 350°F for 50-60 minutes. Cool in loaf pan for 10 minutes, then remove from pan. Cool before slicing.