

Banana Bread

Time: 1 hour 20 minutes | Servings: 1 loaf

INGREDIENTS

- ½ cup canola oil
- ½ cup maple syrup
- 2 eggs
- 1 cup mashed ripe bananas (2 large bananas)
- ¼ cup milk or water
- 1 tsp baking soda
- 1 tsp vanilla extract
- ½ tsp salt
- ½ tsp ground cinnamon, plus more to swirl on top
- 1 ¾ cups whole wheat flour

Optional: ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, or fresh banana slices

METHOD

1. Preheat the oven to 325°F, and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and maple syrup together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend.
4. Switch to a big spoon and stir in the flour, just until combined. Some lumps are ok!
5. If you're adding any additional mix-ins, gently fold them in now.
6. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
7. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean.
8. Let the bread cool in the loaf pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan. Carefully transfer the loaf to a wire rack to cool before slicing.

