

Banana Bread



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Serves 16

2 cups	whole wheat flour
½ cup	sugar
1 tsp	baking soda
1 tsp	baking powder
1	egg
3 tbsp	1% MF milk
½ tbsp	vinegar
1 tsp	vanilla
3	bananas, mashed
½ cup	applesauce

1. In a large bowl, combine flour, sugar, baking soda and baking powder.
2. In a separate bowl, combine egg, vinegar and vanilla. Stir in mashed bananas and applesauce.
3. Add wet ingredients to dry ingredients and stir until combined.
4. Pour into lightly oiled loaf pan.
5. Preheat oven at 350°F.
6. Bake for 1 hour or until tested (use a tooth-pick and insert it in the centre of the loaf if comes out clean it is done).



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