

## Whole Grain Banana Bread

Let's stir together this simple one-bowl bread.

### Ingredients:

2 cups (16 ounces) mashed banana; about 4 or 5 medium bananas

1/2 cup vegetable oil

1 cup brown sugar

2 large eggs

1 teaspoon vanilla extract

1 cup (4 1/4 ounces) all-purpose flour

1 cup (4 ounces) whole wheat flour

1 teaspoon baking soda

1/2 teaspoon baking powder

3/4 teaspoon salt

*1 teaspoon ground cinnamon, optional*

*1/2 cup chopped walnuts, toasted if desired; optional*

### Topping:

1 tablespoon sugar mixed with 1/2 teaspoon ground cinnamon, for topping

### Directions

\_\_\_\_\_ Preheat the oven to 350°F with a rack in the center position.

\_\_\_\_\_ Lightly grease a 9" x 5" loaf pan; if your pan is glass or stoneware, reduce the oven temperature to 325°F.

\_\_\_\_\_ In a large bowl, stir together the mashed banana, oil, sugar, eggs, and vanilla.

\_\_\_\_\_ Weigh your flours; you'll find their weight by toggling to "ounces" at the top of the ingredient section above. Or measure them by gently spooning them into a cup, then sweeping off any excess.

\_\_\_\_\_ Mix the flours, baking soda, baking powder gently with a fork.

\_\_\_\_\_ Add to flour mixture salt and cinnamon

\_\_\_\_\_ Add wet ingredients to dry ingredients

\_\_\_\_\_ If agreed upon, chop and add walnuts into the banana mixture.

\_\_\_\_\_ Scrape the bottom and sides of the bowl and mix again to thoroughly combine the ingredients.

\_\_\_\_\_ Scoop the batter into the prepared pan.

\_\_\_\_\_ Mix together the sugar and cinnamon, and sprinkle over the batter.

\_\_\_\_\_ Bake the bread for about 60 to 75 minutes, until the bread feels set on the top, and a paring knife (or other thin knife) inserted into the center comes out clean, or with just a few moist crumbs (but no wet batter). If you have a digital thermometer, the bread's temperature at the center should register about 205°F. If the bread appears to be browning too quickly, tent it with aluminum foil for the final 15 to 20 minutes of baking. *Note: If baking in a glass or stoneware pan, increase the baking time by 10 to 15 minutes.*

\_\_\_\_\_ Remove the bread from the oven. Cool it in the pan for 15 minutes, then loosen the edges, and turn it out of the pan onto a rack to cool completely.

Store leftover bread, tightly wrapped, at room temperature for several days. Freeze for longer storage.