

Best Banana Bread

This is especially good toasted. Use all whole-wheat flour or all barley or spelt flour, if you choose. If you do not have heart disease, add ½ cup chopped walnuts or ¼ cup raisins and ¼ cup chopped walnuts.

Ingredients:

- 1 ½ cups whole-wheat flour
- ½ cup barley or spelt flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- 3 small ripe bananas (or 2 large)
- 1 jar baby-food prunes or ½ cup applesauce
- ½ cup (or less) maple syrup, honey, or sugar
- Egg replacer for 1 egg (1 tbsp ground flaxseed meal mixed with 3 tbsp water OR 1 ½ tsp Ener-G egg replacer mixed with 2 tbsp water)
- ½ cup raisins
- 2 teaspoons vanilla extract
- ½ cup oat, almond, or nonfat soy milk
- 1 tablespoon lemon juice
- (Optional) ¼ to ½ cup of Lily's Dark Chocolate Chips

Instructions:

1. Preheat the oven to 350°F (175°C).
2. Mix the first five dry ingredients in a large bowl.
3. Mash bananas in a medium bowl and mix in the remaining wet ingredients.
4. Add the wet mixture to the dry ingredients and mix gently.
5. Pour into a 9x5-inch loaf pan and bake for 70 minutes, until a toothpick comes out clean.