



# ridiculously simple banana bread

recipe: adapted from a recipe handed on to me  
by emily caruso parnell

Yields one loaf pan (9x5 inches).

- 1 1/4 cups whole wheat flour
- 1 teaspoon baking soda
- 2 eggs
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 1 cup brown sugar, packed
- 2 large, ripe, well-mashed bananas
- 1/4 semi-sweet chocolate chips
- 1/4 cup chopped walnuts

Mise en place - begin by getting organized. Read through the entire recipe before beginning. Measure out all of your ingredients.

Preheat oven to 350°F and grease a standard-sized loaf pan.

Whisk together the flour and baking soda in a small bowl and set aside.

In another bowl, mix together the eggs, canola oil, applesauce, brown sugar and mashed bananas.

Stir in the flour mixture.

Stir in the chocolate chips and walnuts.

Pour batter into greased loaf pan and bake for approximately 60 minutes (this is just a guideline) or until a cake tester inserted into the centre of the loaf comes out clean. The top of the loaf will be a deep, golden brown. Allow to cool for several minutes, and then remove loaf from pan and allow to cool completely on a wire rack.

