

Sheryl's Banana Bread www.DietConsultPro.com



Ingredients:

- 2/3 cup canola oil
- 1 cup sugar
- 2 eggs
- ¼ cup milk
- 1 teaspoon vanilla
- 3 very ripe bananas
- 2 cups white whole wheat flour (I recommend King Arthur White Whole Wheat Flour)
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1 Tablespoon flax seed meal

Directions:

- In a large mixing bowl, whisk together oil, sugar, eggs, vanilla, and milk until blended.
- In a plate or dish, mash the peeled bananas.
- Add mashed bananas to wet ingredients in the large mixing bowl and mix well.
- In a small mixing bowl, add the flour, flax seed meal, salt, baking soda and blend with fork.
- Add the dry flour mixture to the wet ingredients in the large bowl. Stir with wire whisk just until blended.
- Pour batter into a greased loaf pan.
- Bake in preheated 350 degree F oven for 55 to 60 minutes or until toothpick inserted in center of loaf comes out clean.