

BIG BX BANANA BREAD

Makes 6-8 servings

INGREDIENTS

1/3 cup melted coconut oil or extra-virgin olive oil
1/2 cup honey or maple syrup
2 eggs
1 cup mashed ripe bananas (about 2 large bananas)
1/4 cup milk (any) or water
1 teaspoon baking soda
1 teaspoon vanilla extract
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1 3/4 cups whole wheat flour or all-purpose flour
Optional: 1/2 cup mix-ins (chopped nuts, chocolate chips, dried berries or fruit)

DIRECTIONS

1. Preheat oven to 375° Fahrenheit and grease a 9"x5" loaf pan
2. In a large bowl, whisk together oil and honey. Add eggs and beat to combine. Whisk in bananas and milk. Add baking soda, vanilla, salt, and cinnamon.
3. Stir in the flour with a wooden spoon until just combined. Add any mix-ins now.
4. Pour the batter into the greased pan and dust with cinnamon.
5. Bake for 55 to 60 minutes, until a toothpick inserted into the middle comes out clean.
6. Remove from oven and let cool in the loaf pan for 10 minutes. Transfer to wire rack and continue to let cool for 20 minutes before slicing.

