



Crunchy Banana Bread

Barb had a bunch of bananas that were way too ripe, so she conjured up this recipe from the past. Her girls love the fact that she added chocolate chips. Sometimes she makes it into muffins, which are great for a treat, school lunch, or a quick breakfast, paired with a protein smoothie.

Makes: 1 large loaf and 12 medium muffins or 2 large loafs or 4 small loafs

Ingredients

- 2 cups stone ground whole wheat pastry flour
- 1 cup soy protein powder
- 4 teaspoons baking powder
- 2 teaspoons salt
- 1 teaspoon baking soda
- 1 cup Xylitol
- 1½ cup old-fashioned oatmeal, uncooked
- ½ cup Ezekiel cereal
- ¾ cup cold-pressed olive oil or expeller-pressed walnut oil
- 1 cup + 2 tablespoons buttermilk
- 1 tablespoon cider vinegar
- 4 eggs, beaten
- 2 cups mashed bananas
- 1 cup chopped nuts or organic chocolate chips (optional)

Directions

1. Pre-heat the oven to 350 degrees.
2. Grease bread loaf pans or muffin tins (paper muffin cups work great, too!).
3. Sift the whole wheat pastry flour, soy protein powder, baking powder, salt, baking soda and Xylitol together.
4. Stir in the oatmeal and fiber crunch cereal.
5. Add the oil, buttermilk, vinegar and bananas and stir only until dry ingredients are moistened. DO NOT OVER-MIX!
6. Gently stir in the nuts or chocolate chips.
7. Pour the batter into the greased loaf pans or muffin tins.
8. Bake 15-20 minutes for muffins; 35-40 minutes for small loaves; 45-50 minutes for large loaves.