

Banana Wheat Bread (Soy-Free)

Excellent breakfast bread, and a great way to use up those over-ripe bananas. Somewhat dense and full of some nutrients to keep you going, not just sugar.

Yields 1 - 9 x 5 inch loaf.

Ingredients:

- 2 cups whole wheat flour
- 1/4 cup wheat germ or ground flaxseed
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 1/2 cups mashed bananas
- 1/4 cup extra light olive oil
- 1/2 cup honey
- 2 eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup chopped pecans or walnuts (optional)

Grease a 9 x 5 inch loaf pan & preheat oven to 350 degrees.

Combine the oil, honey, eggs, vanilla, and mashed bananas in a bowl.

In a large bowl, whisk together flour, wheat germ, salt, and baking soda. Make a well in dry ingredients, and add the banana mixture. Mix together until dry ingredients are moistened. Stir in the nuts, if desired, and pour the batter into the prepared pan.

Bake for 50-60 minutes. Bread is done once a toothpick or knife inserted in the center comes out clean. Allow to cool in the pan for 10 minutes, and then transfer to a wire rack to cool completely.