

ground flax -

BANANA CHOCOLATE CHUNK BREAD

Lisa Golden Schroeder
Makes 1 (9x5-inch) loaf
8x4

2 cups white whole-wheat flour* (or 1 cup unbleached + 1 cup whole-wheat flour)

$\frac{3}{4}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon cinnamon

$\frac{2}{3}$ $\frac{3}{4}$ cup packed brown sugar

$\frac{1}{4}$ cup light olive oil

1-1/2 cups mashed ripe banana (about 3 bananas) $2\frac{1}{2}$ bananas

2 eggs

$\frac{1}{3}$ cup plain or vanilla nonfat yogurt

1 teaspoon vanilla

1 cup chocolate chunks $\frac{3}{4}$ c mini chips

1. Heat oven to 350°F. Spray bottom of 9x5-inch loaf pan with nonstick cooking spray.
2. Lightly mix flour, soda, salt and cinnamon together in a small bowl; set aside.
3. Beat sugar, oil, banana, eggs, yogurt and vanilla together in a large bowl with a wooden spoon or spatula.
4. Gently stir in dry ingredients just until moistened; spoon or scrape into prepared loaf pan.
5. Bake for 1 hour or until golden brown around edges and a wooden pick inserted in center of the loaf comes out clean. Cool on wire rack for 10 minutes; unmold and let cool completely.

*King Arthur "white wheat flour"—a lighter baking flour that still has the bran and germ.

$\frac{1}{4}$ t toasted cinnamon
 $\frac{1}{2}$ t gran masala
veg olive oil
XL eggs
mexican vanilla