

## Banana Bread – Yield – 1 loaf

<u>QUANTITY</u>	<u>INGREDIENTS</u>
1 ¾ Cups	Organic All Purpose Flour
¼ Cup	Organic Whole Wheat Flour
1 tsp.	Baking Soda
½ tsp.	Sea Salt
1 tsp.	Cinnamon
¼ tsp.	Nutmeg
¼ tsp.	Cloves
½ Cup	Canola Oil
¾ Cup	Organic Honey
2 ea.	Eggs
1 Cup	Mashed Bananas
¼ Cup	Orange Juice
¼ Cup	Buttermilk
1 Cup	Nuts (Toasted Walnuts or Pecans)
1 tsp.	Vanilla Extract

### Method:

- 1) Chop nuts to small bite size pieces. Lightly toast in a 350°F oven for approximately 10 min. Set aside to cool.
- 2) Combine dry ingredients. Mix together until well combined with a rubber spatula. Set aside.
- 3) Combine the oil, honey, eggs, banana puree and vanilla. Whip together until smooth and well combined.
- 4) Combine together the orange juice and buttermilk.
- 5) Make a well in dry ingredients. Alternate in oil and egg mixture with buttermilk and juice in three parts. Fold in nuts last. Fold in with a rubber spatula until all dry ingredients are moistened and the mixture forms a batter with no large lumps.
- 6) **Do not over mix**
- 7) Pour batter into a greased loaf pan. Bake at 350°F. until tooth pick comes out clean, top of loaf springs back to the touch and a golden brown crust forms. Approximately 45-50 min.