

# BANANA PECAN CORNBREAD

## I n g r e d i e n t s

- \* 1 cup whole wheat flour
- \* 1 cup cornmeal
- \* 1 tablespoon baking powder
- \* 1 teaspoon baking soda
- \* 1/4 cup apple sauce
- \* 1/2 cup milk
- \* 3 tablespoons maple syrup
- \* 3 mashed bananas
- \* 2 teaspoon vanilla extract
- \* 1 teaspoon ground cinnamon
- \* 1/2 cup chopped pecans



## D i r e c t i o n s

1. Preheat the oven to 350F. Lightly grease a 8x8 inch baking pan.
2. Mix together the maple syrup, mashed bananas, apple sauce, milk and vanilla in a medium bowl.
3. In another bowl, mix together the whole wheat flour, cornmeal, baking powder, baking soda and cinnamon.
4. Slowly add the wet ingredients to the dry ingredients, mixing thoroughly. Add in the chopped pecans.
5. Pour mixture into the prepared baking pan and bake in preheated oven for about 40 minutes or until the top turns golden brown.

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