

WHOLE WHEAT BANANA BREAD

I n g r e d i e n t s

- * 1 cup whole wheat flour
- * 3/4 cup all-purpose flour
- * 1/2 cup toasted wheat germ
- * 1 teaspoon baking soda
- * 1/4 teaspoon salt
- * 2 medium ripe bananas
- * 1 teaspoon grated orange peel
- * 4 medium navel oranges, peeled and sectioned
- * 2 eggs
- * 1 cup sugar
- * 1/4 cup canola oil
- * 1 teaspoon vanilla extract
- * 1/2 cup chopped pecans



D i r e c t i o n s

1. Combine the flour, wheat germ, baking soda, grated orange peel and salt in a large mixing bowl.
2. Use a food processor or blender to process the oranges, bananas, sugar, eggs, oil and vanilla until smooth. You can also mash everything together by hand if you don't have a blender or food processor.
3. Stir the blended mixture into the dry ingredients until moistened and fold in the pecans.
4. Pour into two 8x4x2 inch loaf pans coated with nonstick cooking spray. Bake at 350 degrees F for 45-50 minutes or until a toothpick inserted near the center comes out clean.
5. Cool for 10 minutes before removing from pans to wire racks to cool completely.

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