



Banana Nut Bread:

*N2 cups flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon baking soda
1/2 cup sugar
2 eggs (or 3 egg whites)
3/4 cup applesauce or plain yogurt (instead of oil)
2 very ripe bananas (the more spotted the better)*

*Mix all well and add walnuts or any nuts you like...or no nuts if you don't!
Pour into mold, muffin tin, or loaf pan.
The pictured mold took 25/30 minutes at 180°C.
A loaf pan takes about an hour.
Muffins are about 20 min.
1 sprinkle powdered sugar for a nice effect.
Stacia*