



# Banana Bread

SERVES: 8

COOK TIME: 45 MINUTES

PREP TIME: 10 MINUTES

TEMPERATURE: 350 DEGREES

## INGREDIENTS

1.5 cups ripe bananas

1/4 cup honey

1/3 cup unsweetened applesauce

1 egg white

1/4 cup coconut oil melted

1 cup whole wheat flour

1 tsp. baking powder

1 tsp. baking soda

1 tsp cinnamon

1/2 tsp nutmeg

1 tsp. ground ginger

1/2 cup walnuts

1/2 cup chocolate chips

## DIRECTIONS

Preheat oven to 350 degrees. Grease a loaf pan or line with parchment paper.

In a bowl, mashed bananas with a fork until slightly clumpy. Stir in honey, applesauce, egg white and coconut oil to banana mixture.

Add in flour, baking powder, baking soda and spices. Fold in walnuts and chocolate chips

Pour batter into prepared loaf pan. Bake for 40-45 minutes until a toothpick comes out clean. Let cool for 30 minutes and enjoy!

**Note:** This recipe is very easy to customize. You can add any toppings you'd like!

