RECIPE

Banana Bread

A soft one-bowl banana loaf for breakfast, made with olive oil and part whole-wheat flour, about 1.4 g saturated fat and 229 mg sodium a slice, sliced and frozen so a warm piece is always a toaster away.

MAKES

10 slices US Metric

TOTAL

1 h 25 min

Ingredients

- [ ] 3 very ripe bananas, mashed (about 1½ cups, 340 g)
- [ ] ⅓ cup olive oil
- [ ] ½ cup granulated sugar
- [ ] 2 large eggs
- [ ] 2 tbsp 2% milk
- [ ] 1 tsp vanilla extract
- [ ] 1 cup all-purpose flour
- [ ] ¾ cup whole-wheat flour
- [ ] ¾ tsp baking soda
- [ ] ½ tsp salt
- [ ] A little olive oil for the pan

Method

1. Heat the oven to 375 °F. Brush a 9 × 5 in loaf pan with a little olive oil and set a rack in the middle.
2. Mash the bananas in a large bowl until mostly smooth, with a few small lumps.
3. Stir in the olive oil, sugar, eggs, milk and vanilla until even.
4. Sprinkle the baking soda and salt over the top, then add the all-purpose and whole-wheat flours. Stir just until no dry flour shows. Do not beat it.
5. Scrape the batter into the pan and smooth the top.

6. Bake 50 to 60 minutes. If the top is dark at 35 minutes, lay a piece of foil over it. It is done when a toothpick in the middle comes out with a few moist crumbs and the top springs back.

7. Cool 10 minutes in the pan, then lift out onto a rack. Cool fully before slicing, or the middle will be gummy.