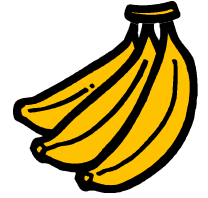




Eat Well Play Hard's Banana Bread Recipe



Makes 1 loaf

- ¼ cup (1/2 stick) butter, at room temperature
- ¼ cup canola oil
- ¾ cup granulated sugar
- ¼ cup brown sugar
- 2 large eggs or ½ cup egg substitute
- 1 cup unbleached flour
- ½ cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- 1 cup mashed very ripe bananas
- ½ cup sour cream or plain yogurt
- 1 teaspoon vanilla
- ½ cup frozen blueberries (optional)
- ½ cup chopped walnuts or pecans (optional)



Directions

1. Preheat oven to 350 degrees. Spray (with non-stick spray) a 9-by-5-by-3-inch loaf pan; set aside. In an electric mixer cream oil, butter and sugars until light and fluffy. Add eggs, and beat to incorporate.
2. In a medium bowl, whisk together flours, baking soda, cinnamon and salt. Add to the butter mixture, and mix until just combined. Add bananas, sour cream, and vanilla. Mix to combine.
3. Fold in blueberries and nuts.
4. Pour into prepared pan.

Bake until a cake tester inserted into the center of the cake comes out clean, about 1 hour 10 minutes. Let rest in pan for 10 minutes, and then turn out onto a rack to cool. Slice and enjoy!

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