

Ingredients

2 bananas	1 tsp baking soda
2 Tbsp honey	1/3 cup walnuts, chopped
1 1/4 cup soy or almond milk	non-stick cooking spray
2 tsp vanilla extract	
1/4 cup canola oil	
2 1/4 cups whole-wheat flour	
1 Tbsp baking powder	

Instructions

Instructions: Preheat oven to 350 degrees. Spray a loaf pan with non-stick cooking spray and set aside. Combine bananas, honey, oil, plant milk, and vanilla in a large bowl and mix well. Place remaining ingredients, except walnuts, in separate large bowl and stir together. Gradually stir dry ingredients into wet ingredients, sprinkling in about 1/3 at a time. Mix until well combined. Batter will be very thick. Stir in walnuts. Spoon batter into prepared baking pan. Bake on center rack of oven for 30 - 35 minutes, or until a toothpick inserted in the center comes out clean. Can also make into muffins and freeze.

Nutrition Information Per Serving

Serves 16

Calories: 100

Fat: 2.2 gm

Sodium: 343 mg

Fiber: 2.8 gm

Carbohydrates: 20.4 gm