



Adult and Youth Recipe

100% Whole Wheat Banana Bread

Who doesn't love banana bread? This moist, tender, richly flavored loaf features whole wheat flour, making this a super (and tasty!) way to increase your family's intake of healthy fiber. Using honey as some of the sweetener adds both moistness, and the merest hint of honey flavor.



Ingredients

- 2 cups (454g) mashed banana (about 5 medium)
- 8 tablespoons (113g) unsalted butter, room temperature
- 1/2 cup (106g) light brown sugar or dark brown sugar, packed
- 1 teaspoon [King Arthur Pure Vanilla Extract](#)
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1/4 cup (85g) honey
- 2 large eggs
- 2 cups (226g) [King Arthur White Whole Wheat Flour](#)
- 1/2 cup (57g) chopped walnuts, optional; toasted if desired

Directions

1. Preheat your oven to 350°F. Lightly grease a 9" x 5" loaf pan.
2. Mash the bananas with a potato masher or fork; or purée them in a blender or food processor.
3. In a large bowl, beat together the butter and sugar until smooth. Add the vanilla, baking soda, salt, and bananas, beating until well combined. Beat in the honey and eggs.
4. Add the flour, then the walnuts, stirring until smooth.
5. Spoon the batter into the prepared pan, smoothing the top. Let it rest at room temperature for 10 minutes.
6. Bake the bread for 50 minutes, then gently lay a piece of aluminum foil across the top, to prevent over-browning. Bake for an additional 10 to 15 minutes, then remove the bread from the oven; a long toothpick or paring knife inserted into the center should come out clean.
7. Allow the loaf to cool for 10 minutes; then remove it from the pan and set it on a rack to cool completely. Store at room temperature, well wrapped in plastic, for several days; freeze for longer storage.