

Whole Wheat Banana Nut Bread

Ingredients:

- 2 cups whole wheat flour
- $\frac{3}{4}$ cup granulated sugar substitute
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 3 overripe bananas mashed
- $\frac{1}{2}$ cup applesauce, unsweetened
- 2 large eggs, beaten
- $\frac{1}{4}$ cup walnuts



Directions

1. Preheat oven to 350 degrees
2. Lightly spray loaf pan with nonstick cooking spray
3. In a medium bowl dry ingredients, first four ingredients listed
4. In a separate medium bowl, combine wet ingredients, mash overripe bananas, stir in applesauce and eggs
5. Pour wet ingredients into dry ingredients and stir. Fold in walnuts. Pour into prepared baking pan, bake for 60 minutes.
6. Remove from oven, allow to cool for 10 minutes before removing from pan.
7. Slice and enjoy!