

Banana walnut loaf

This bread is a great grab-and-go breakfast or snack for busy families. Serve on its own or toasted with nut butter or spread for a delicious start to your day.



Kid-friendly



Vegetarian



PREP TIME
15 min



COOK TIME
50 min



SERVINGS
12

Ingredients

- 2 eggs
- 85 mL (1/3 cup) maple syrup
- 5 mL (1 tsp) vanilla extract
- 125 mL (1/2 cup) vegetable oil
- 3 bananas, mashed
- 250 mL (1 cup) whole wheat flour
- 190 mL (3/4 cup) all-purpose flour
- 5 mL (1 tsp) baking soda
- 5 mL (1 tsp) cinnamon
- 1 mL (1/4 tsp) salt
- 250 ml (1 cup) unsalted walnuts, toasted and chopped

Directions

1. Preheat the oven to 175 °C (350 °F) and grease a loaf pan or line with parchment paper.
2. In a large bowl, mix eggs, maple syrup, vanilla extract, and oil together. Stir in the mashed bananas and set aside.
3. In a separate bowl, mix flour, baking soda, cinnamon, and salt.
4. Add the dry ingredients to the wet ones and mix until just combined. Do not overmix.
5. Fold in the toasted walnuts.
6. Pour the batter into the loaf pan. Bake for 50 to 55 minutes, until an inserted toothpick comes out clean.

Tips

- ✓ Get the kids involved and challenge them! Ask them to crack eggs and measure and stir ingredients together.
- ✓ Walnuts can be substituted with your favourite nuts or seeds. Try adding unsweetened shredded coconut for a change.
- ✓ Try a 50/50 mix of all-purpose and whole wheat flour for an added fibre boost.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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