

Whole Wheat Banana Bread

makes 1 loaf

Ingredients:

90g whole wheat flour
70g white flour
90g old fashioned oats
1 tablespoon ground flax seeds
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon baking powder
100g brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
3 large ripe bananas
2 tablespoons low fat yogurt (or buttermilk)
1 egg, beaten
2 egg whites
50g walnuts, roughly chopped

Directions:

Preheat the oven to 180°C. Grease and flour a loaf pan.

In a large bowl combine all dry ingredients except walnuts. Beat the egg whites until medium peaks form. Set aside. In a separate bowl mash bananas with a fork. Add yogurt and egg and mix thoroughly. Add the wet ingredients to the dry and mix well with a wooden spoon. Stir in 2/3 of walnuts and finally fold in the egg whites.

Pour the batter into prepared pan and sprinkle the remaining walnuts on top. Bake for 45-50 minutes or until wooden skewer comes out clean. Remove from oven and allow it to cool in a pan for 10 minutes. Flip the bread out and cool on a wire rack. It's best served warm with a glass of milk or a dab of butter and makes a killer breakfast.