

Banana Walnut Bread

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour 30 minutes

Step 1: Greasing the Pan and Toasting the Walnuts

- 1 cup walnuts, coarsely chopped
- To start the banana walnut bread, first preheat oven to 350 degree Fahrenheit (180 degree Celcius).

Grease the bottom and sides of a pan with butter. (9 by 5-inch loaf pan; 3 inch deep). Dust with flour, tapping out excess.

Spread the walnuts on a baking sheet and toast for about 7-8 minutes or until lightly toasted.

Step 2: Preparing the Batter Mixture

- 100g unsalted butter
 - 3 very ripe, soft large bananas (about 400g)
 - 2 large eggs
 - 1/2 cup plain yogurt
 - 2 cups whole wheat pastry flour
 - 1 cup muscovado sugar (or 3/4 cup white sugar)
 - 1/2 tsp baking soda
 - 1/4 tsp aluminum-free baking powder
 - 1/2 tsp fine unrefined sea salt
 - 1/2 tsp ground cinnamon
- To begin the batter, melt the butter over low heat until melted. Set aside until cool. Then, peel the bananas and mash it with with a fork.
- In a medium bowl, lightly beat the eggs, add the yogurt, the cooled melted butter and the mashed bananas. Whisk until the mixture is combined.
- In a large bowl combine the flour, sugar, baking soda, baking powder, salt, cinnamon, and toasted walnuts.
- With a rubber spatula or wooden spoon, lightly fold the wet ingredients into the dry ingredients just until combined and the batter is thick and chunky.

Step 3: Baking the Banana Bread

To bake the banana bread, scrape batter into prepared pan.

Bake until golden brown and a toothpick inserted in the center comes out clean, about 55 to 60 minutes.

Place on a wire rack to cool and then remove the bread from the pan.

Slice into 3/4 inch thick. Serve warm at room temperature.

Wrap leftover banana bread with foil or plastic wrap and store in the fridge or freezer.