

Banana Bread Recipe

3 ripe bananas (*or 2 cups pumpkin puree or grated zukes*)
1/3 cup light olive oil *or cold pressed canola oil or melted butter*
1/2 cup sucanat *or xylitol or honey*
2 eggs
1 cup whole wheat pastry flour *or brown rice flour*
3/4 cups rolled oats
1/2 tsp. salt
1 tsp. aluminum-free baking powder
1/4 cup hot water
1 cup chopped nuts if desired

Beat oil or butter and sweetener til creamy.

Add eggs and blend well.

Stir in bananas or pumpkin or zukes.

Add the dry ingredients alternating with water and blend well.

Pour into a loaf pan and bake at 325 for 55-60 minutes.

Cool before slicing (if you can wait!)

Freezes well.