



JERNEJ KITCHEN

WHOLE WHEAT BANANA BREAD

This whole wheat banana bread recipe is easy to make and the result is absolutely amazing. Soft, healthy banana bread sweetened with honey.

FOR	1	LOAF PAN (12CM X 25CM OR 5X10 INCH)
PREPARATION	10	MINUTES
BAKE:	50	MINUTES
TOTAL TIME:	60	MINUTES

WHOLE WHEAT BANANA BREAD

3 ripe bananas

80 g probiotic yogurt (1/3 cup) (like LCA power Zelene Doline)

2 tbsp honey (40g)

150 g whole wheat flour (1 1/4 cup)

50 g all-purpose flour (1/2 cup)

1 tsp baking powder

3 eggs

4 tbsp packed light brown sugar (40g)

1 banana (for decoration, optional)

TOOLS AND EQUIPEMENT

immersion blender or blender

two bowls

electric mixer or stand mixer

loaf pan (12cm x 25cm or 5x10 inch)

parchment paper

MAKE THE BANANA BREAD MIXTURE

Preheat the oven to 190°C or 375°F. Combine the peeled ripe bananas, [probiotic yogurt](#), and honey in a blender or using an immersion blender. Mix for about a minute, until the mixture is smooth. In a separate bowl, combine whole wheat flour, all-purpose flour, and baking powder. In a large bowl or in a bowl of a stand mixer beat together eggs and brown sugar using an electric mixer or a stand mixer. While continually beating, start alternating the flour mixture and the banana mixture until well combined and smooth.

BAKE

Line a bread or loaf pan (12cm x 25cm or 5x10 inch) with parchment paper. Don't forget to line the side of the pan so that there's an overhang on the two long sides. Pour the banana bread mixture into the prepared pan. Optionally cut an additional peeled banana lengthwise and place it on top of the batter cut-side up. Place in the preheated oven, on the middle rack and bake for 50 - 60 minutes at 190°C or 375°F.

SERVE

Remove the baked whole wheat banana bread from the oven. Place on a wire rack to cool, then slice it and serve for breakfast, brunch, or dessert.