



Good For You Banana Bread

NIBBLEDISH CONTRIBUTOR

Ingredients

½ cup canola oil

1 cup brown sugar

2 eggs (+2 whites)

2 bananas

1 tablespoon lemon juice

1 cup all-purpose flour

½ cup oats

¼ cup oat bran

¼ cup flax seed meal

2 teaspoons baking soda

½ teaspoon salt

1 cup chopped walnuts

1 cup dark chocolate chips

Instructions

A classic, remixed...literally. All the healthy stuff you need to justify eating it! Get your fiber, protein, omega 3 and potassium all in one slice. Enjoy!

Cream oil and sugar.

Add eggs. Beat until fluffy.

Mash bananas, add lemon juice and add to creamed mixture.

Combine dry ingredients and mix well. Mix into banana mixture.

Add nuts and chocolate chips.

Grease and flour 2 loaf pans.

Bake at 325°F for approximately 1 hour.

Let cool almost completely before slicing. Store in airtight container after 1 day.
