

Bean Banana Bread

Serves: 12 | Serving Size: 1 slice

Ingredients Needed:

- 2 ripe bananas, mashed
- 2 eggs, beaten
- 1/4 cup white beans, cooked and mashed or pureed
- 1/4 cup plain non-fat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1 1/2 teaspoons vanilla extract
- 1/2 cup white sugar
- 1 cup all-purpose white flour
- 3/4 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- (optional) 2 teaspoons ground cinnamon
- (optional) 1/4 cup chopped raisins or nuts



Directions:

1. Preheat oven to 300°F.

2. Grease or spray a 9"×5" loaf pan.
3. In a medium bowl, beat together the mashed bananas, eggs, mashed/pureed beans, yogurt, applesauce, and vanilla extract.
4. Add sugar and beat until fluffy.
5. In a large bowl, mix flour, baking soda, salt, and cinnamon (if using), in a bowl.
6. Combine flour and banana mixtures together, mixing until combined.
7. Add raisins or nuts if you want. Stir until combined.
8. Pour the mixture into a greased loaf pan, and bake for 60 minutes. Poke a toothpick in the center of the bread to check for doneness. If the toothpick comes out clean, remove the bread from the oven and let it cool for 5–10 minutes before slicing.

Tips:

- Put whole bananas in the freezer if they are dark and spotted. Thaw, peel, and mash them when you are ready to make banana bread.
- Store the bread in the refrigerator.