

# The Natural Healing Center

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## Banana Bread

### Ingredients:

- 2 cups gluten-free all-purpose baking flour
- 1 tsp. baking soda
- ¼ tsp. salt
- 4 eggs
- 2 cups mashed ripe bananas (4-5 medium)
- ¾ cup Honey
- ½ cup unsweetened applesauce
- 1/3 cup butter
- 1 tsp. vanilla extract
- ½ cup walnuts (or nut of choice)

\*\* Dark chocolate over 70% may be added

### Preparation

In a large bowl, combine the flour, baking soda and salt. In a small bowl, whisk the eggs, bananas, honey, applesauce, butter and vanilla. Stir into dry ingredients just until moistened.

Transfer to two 8-in. x 4-in. loaf pans coated with butter. Sprinkle with walnuts. Bake at 350° for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 2 loaves (12 slices each).