

Banana apple chunk bread

Ingredients

2 ripe bananas
1 apple, peeled and diced
1/2 cup Sucanat (or sugar)
1 3/4 cups whole-wheat flour
1/2 cup applesauce
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
1 tablespoon chopped walnuts (optional)

Directions

1. Preheat oven to 350°F. Lightly spray a 9-inch loaf pan.
2. In a medium-sized bowl, mash the bananas with a fork.
3. Add the diced apple, sugar, flour, applesauce, baking soda, salt, and cinnamon to the bowl, and mix well. Pour into greased pan, and sprinkle with chopped walnuts
4. Bake for 40 to 50 minutes or until a toothpick inserted in the middle comes out dry.
5. Cool in pan for 15 minutes, and then transfer to a cooling rack. Enjoy!