

A JOCK'S GUIDE

Healthy Banana-Apple Bread

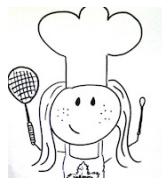
Ingredients:

1/3 cup butter
3/4 cup organic honey
1 egg 2 large or 3 small bananas
1 tsp vanilla
1 large or 2 small apples peeled and diced (I use Macintosh apples)
2 cups flour (whole wheat works well)
1/3 cup organic oatmeal
1 tsp. baking powder
1/2 tsp. baking soda
1 tsp cinnamon
1/4 - 1/3 cup of almond milk (or regular milk if you like - add at the end to desired consistency of batter)



Directions:

1. Grease a loaf pan. Set aside.
2. Mix butter, honey, egg, bananas and vanilla in a large bowl with mixer.
3. Mix flour, baking powder, baking soda, oatmeal and cinnamon in another bowl.
4. Add dry to wet and stir until mixed thoroughly.
5. Fold diced apples into mixture.
6. Add milk in small increments until the batter is of a good consistency. It shouldn't be sticky like cement or runny like pancake batter.
7. Put into baking pan.
8. Bake for 45 min. at 350 degrees. Check after 45 minutes. Stick a toothpick into the thickest part and if it comes out clean, the loaf is done! Otherwise, put it in for an additional 5 minutes at a time until cooked.



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