

Banana Bread

Non-stick cooking spray
¾ cup whole wheat flour
½ cup all-purpose flour
½ teaspoon baking soda
¼ teaspoon baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ cup firmly packed light or dark brown sugar
¼ cup vegetable or canola oil
2 large egg whites
1 ½ cups banana puree
½ cup cauliflower puree
1 teaspoon pure vanilla extract

Preheat oven to 350°F. Coat 2 9x5 inch loaf pans with cooking spray

In a bowl, mix whole wheat flour, all-purpose flour, baking soda, baking powder, salt and cinnamon. Set aside.

In a large mixing bowl, mix the brown sugar and oil with a wooden spoon until well combined. Mix in the egg whites, banana puree, cauliflower puree, vanilla extract. Add the flour mixture and mix just until combined.

Pour the batter into the prepared loaf pans. Bake until a toothpick inserted into the center comes out clean, 55-60 minutes. Let cool on rack for 5 minutes; turn the bread out of the pan to cool before serving.

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