

## LOAVES

# BANANA BARLEY LOAF



PREP TIME: 15 MINS



COOK TIME: 55 MINS



SERVES: 16 SLICES



### INGREDIENTS

1 cup	Whole barley flour
½ cup	Whole wheat flour
1 cup	Sugar
2 tsp	Baking powder
1 tsp	Baking soda
1/3 cup	Oil
¼ cup	Applesauce
1 tsp	Vanilla
1 ½ cups	Mashed, ripe bananas

### DIRECTIONS

1. Preheat oven to 350°F.
2. Grease a 9" x 5" loaf pan (or line with parchment paper)
3. Combine dry ingredients in a medium bowl. Set aside.
4. In a separate bowl, mix oil, apple sauce and vanilla into mashed banana.
5. Gently add banana mixture into dry ingredients until ingredients are just combined. Mixture will be lumpy.
6. Pour batter into pan.
7. Bake for 50 to 55 minutes until loaf is golden brown on top. A toothpick inserted in the centre comes out clean.
8. Allow to cool for 10 minutes.
9. Remove loaf from of pan and let cool on rack.
10. Slice and enjoy!

