



Healthy Baking Recipe

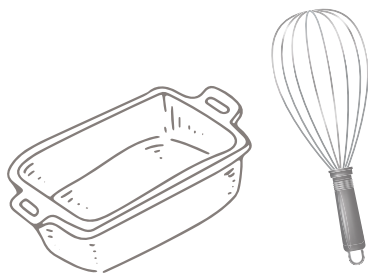
SUGAR-FREE BANANA BREAD

BAKE TIME 45-60 minutes

This recipe is best done using two standard loaf pans (8.5 x 4.5 x 2.75) as the amount of batter can make two loaves! Using different pans may result in different baking times.

INGREDIENTS

- 6 very ripe bananas
- 4 large eggs
- 1/2 cup yogurt + 1/2 Cup sour cream (combine)
- 1 C cocoa powder
- 2 cups flour (w/ 2 tsp of baking soda + 1 1/2 tsp salt)
- 1 cup chocolate chips (optional, but tasty!)
- 2 tsp vanilla extract



INSTRUCTIONS

- Preheat oven to 350
- Mash the bananas
- Crack eggs, add to mashed bananas
- Add vanilla (mix)
- Add yogurt and sour cream mixture (mix)
- Add flour and baking soda mixture (mix)
- Add cocoa (mix)
- Add chocolate chips (fold in)
- Put in oven and time it for 45 minutes. If the batter is still wet, bake it for another 15 minutes.
- When a toothpick comes out clean with no wet batter (crumbs are okay), the cake is done!

Original recipe by Mirriam Siddiq, of Afghan Cooks. Find many more delicious Afghan and Afghan-inspired recipes on her website.