



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Bananas**

Banana Bread

Ingredients:

3 very ripe bananas
1 $\frac{3}{4}$ cup flour
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup apple sauce
 $\frac{1}{4}$ cup milk
 $\frac{1}{4}$ cup oil
2 eggs
1 tsp vanilla
2 tsp baking soda
 $\frac{1}{2}$ cup walnuts (optional)

Directions:

Preheat your oven to 350F. Grease a loaf pan, set aside.

In a large mixing bowl, mash the bananas well. Whisk in the sugar and all the wet ingredients. Stir in the baking soda then the flour until well combined. Fold in the walnuts. Let rest for 5 minutes.

Pour the batter into the greased loaf pan and bake for 45 minutes or until a toothpick inserted comes out clean. Let sit in the pan for 10 minutes to cool just slightly.