



BREAKFAST BREAD

Program 231043

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YOU WILL NEED:

- 2 cups white whole-wheat flour
- 2 cups quick oats
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons ground cinnamon
- 1 teaspoon salt
- 2 tablespoons ground flax seed
- 6 tablespoons water
- 2 teaspoons pure vanilla extract
- $\frac{3}{4}$ cup pure maple syrup
- 2 tablespoons fresh lemon juice (1 medium lemon)
- 4 ripe bananas
- $\frac{1}{3}$ cup unsweetened applesauce
- 1- $1\frac{1}{2}$ cups chopped pecans
- 1 - $1\frac{1}{2}$ cups chopped walnuts
- $1\frac{1}{2}$ cups chopped dates

DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. In a small bowl, mix the flaxseed and water and set aside.
3. In a large bowl, mash the ripe bananas until they become a thick paste. Add the vanilla, maple syrup, lemon juice, applesauce, and thickened flaxseed. Stir to combine.
4. In another bowl, mix all the dry ingredients including the nuts and dates. Pour into the wet ingredients and gently stir until well mixed. Batter will be thick.
5. Spray three $7\frac{1}{2}$ x $3\frac{1}{2}$ x $2\frac{1}{2}$ inch deep pans with a non-stick baking spray. Divide the batter evenly between three medium loaf pans.
6. Bake for 35-45 minutes or until a knife inserted in the middle comes out clean. Remove from pans and let cool on a cooling rack. These loaves freeze well.

YIELDS:

3 medium-sized loaves