

Healthy Whole Wheat Banana Bread {clean eating approved}

adapted from [Crunchy Creamy Sweet](#)



Ingredients

- 2 cups whole wheat flour (for less dense bread, you can use 1 cup of whole wheat flour and 1 cup of white whole wheat flour)
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup mashed bananas (about 2 medium bananas)
- 1/4 coconut oil
- 1/4 cup plain or Greek yogurt
- 1 teaspoon vanilla extract
- 2 large eggs
- 3/4 cup Sucanat
- 1 teaspoon ground cinnamon
- 1/2 cup chocolate chips (optional)

Directions

1. Preheat oven to 350 degrees F.
2. Lightly grease and flour a 9" by 5" loaf pan with some coconut oil. Set aside.
3. In a large mixing bowl, whisk together the dry ingredients (both flours, baking soda, baking powder, salt and cinnamon).
4. In another mixing bowl, mix together the wet ingredients (mashed bananas, oil, yogurt, vanilla and eggs). Add Sucanat and mix well.
5. Stir in the wet ingredients into the dry ingredients. Mix only until combined. Do not overmix. Add in chocolate chips and mix.
6. Pour the batter into the prepared loaf pan.
7. Bake the bread for 45 to 50 minutes or until the toothpick inserted in the center of the bread comes out clean and the top is golden brown.
8. Cool the bread in the pan to room temperature. Place on a cutting board, slice and serve.
9. To freeze: wrap tightly in plastic wrap, place in a ziploc bag and freeze for up to 3 months.

Source: <http://themombot.com/food/2014/10/03/healthy-whole-wheat-banana-bread-clean-eating>