Banana Carrot Bread

Recipe Source: www.melskitchencafe.com
Yields: One loaf, ~8 pieces

Ingredients:

2 cups lightly measured all-purpose flour
1 tsp baking soda
½ tsp salt
½ tsp ground cinnamon
½ tsp ground nutmeg
1 cup mashed very ripe bananas (about 3 medium bananas)
¼ cup lightly packed brown sugar
1/3 cup coconut oil, melted, or canola oil
¼ cup unsweetened applesauce
2 large eggs
½ tsp vanilla
1 cup finely grated carrots (no need to peel first)

Steps:

- Preheat oven to 350°F. Line the bottom of a 9x5-inch loaf pan with a rectangle of parchment or waxed paper. Grease the bottom and sides well with nonstick cooking spray. Set aside.
- In a large bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg. Set aside.
- In a medium bowl or large liquid measuring cup, whisk together the bananas, brown sugar, oil, applesauce, eggs, and vanilla.
- With a rubber spatula, gently fold and stir the wet ingredients into the dry ingredients along with the carrots. Be careful not to overmix.
- Spread the batter evenly in the prepared pan and bake 50-60 minutes until a knife or toothpick inserted in the center of the loaf comes out with just a few moist crumbs.
- Cool in the pan 10 minutes before turning out onto a cooling rack to cool completely.

Tips from the Test Kitchen: Whole wheat flour can easily be substituted for half of the all-purpose flour. If the top of the bread begins to brown too quickly before the middle is done, cover loosely with a sheet of aluminum foil.

Nutritional Facts (per serving): Calories: 299, Carbohydrates: 44 grams, Protein: 6 grams, Total Fat: 11 grams, Saturated Fat: 8 grams, Cholesterol: 47 mg, Sodium: 333 mg, Fiber: 3 grams, Total Sugars: 14 grams.