

# Banana Bread *By Nanor Demirjian*

## **Ingredients**

*1/3 cup (sunflower seed)  
oil  
1/2 cup honey  
2 eggs  
3 ripe bananas, mashed  
1/4 cup milk  
1 teaspoon baking soda  
1 teaspoon vanilla  
extract  
1/2 teaspoon salt  
1/2 teaspoon ground  
cinnamon  
1 3/4 cups flour*

## **Instructions:**

- 1. Preheat oven to 165 degrees Celsius and grease a 9x5-inch loaf pan.*
- 2. In a large bowl, beat the oil and honey together together with a whisk.*
- 3. Add the eggs and beat well, then whisk in the mashed bananas and milk.*
- 4. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend.*
- 5. Use a big spoon and stir in the flour, just until combined*
- 6. Pour the batter into your greased loaf pan.*
- 7. Bake for about 55 minutes. Then take it out and let the bread cool for 15minutes.*

## **Nanor's Comments**

*Banana bread is a typical American baked good which is great to have for breakfast with coffee or tea or later in the day as a snack. Many banana bread recipes also include chopped walnuts or chocolate chips, but I prefer it without any add-ins. If you want to try adding something more, you can fold it into the batter at the end after you've stirred in the flour.*

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