








# Recipes

## Banana Bread

-  2 cups whole wheat flour
-  1 cup cornmeal
-  1 tsp baking soda
-  1/4 tsp ground nutmeg
-  3 large very ripe bananas, mashed
-  1/2 cup nonfat buttermilk
-  1 cup **Strawberry Rice Nectar**

Preheat oven to 300°F. Oil 4 one-pound loaf pans.

Combine flour, cornmeal, baking soda, and nutmeg and mix well. Add bananas, buttermilk, and **Strawberry Rice Nectar**; stir just until the dry ingredients are moistened. If batter is too moist, add small quantities of flour; if batter is too stiff, add buttermilk by the teaspoon.

Divide the batter among the pans; bake 40 minutes or until a toothpick inserted in the center comes out clean. Remove bread from oven and let stand 10 minutes. Invert loaves onto wire rack, turn right-side up and cool before slicing. Each loaf yields about 8 slices.