

# Banana Bread



## Ingredients:

- ✓ 2 cups whole wheat flour
- ✓ 1 cup cornmeal
- ✓ 1 teaspoon baking soda
- ✓ 1/4 teaspoon ground nutmeg
- ✓ 3 large very ripe bananas, mashed
- ✓ 1/2 cup nonfat buttermilk
- ✓ 1 cup Suzanne's Strawberry Rice Nectar

## Directions:

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 Suzanne's Strawberry Rice Nectar; stir just until the dry ingredients are moistened. If batter is too moist, add small quantities of flour; or 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 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.

