



# Garden Harvest Banana Bread

by Chelsea Cohen

## Ingredients

2 ½ cups whole wheat flour  
½ teaspoon baking soda  
1 teaspoon baking powder  
½ teaspoon salt  
½ cup butter, softened  
1 cup brown sugar  
2 eggs  
1 cup mashed overripe bananas  
1 teaspoon vanilla extract  
2/3 cup almond milk  
¾ cup spiraled carrots  
¾ cup spiraled zucchini  
1 cup chopped walnuts



## Directions

1. Preheat oven to 350F degrees.
2. Grease 4 mini loaf pans.
3. Sift together flour, baking soda, baking powder and salt. Set aside.
4. Add butter and brown sugar to a mixer and mix until combined.
5. Add eggs and continue to mix.
6. Mix in mashed bananas and vanilla extract.
7. Add dry mixture to wet mixture, beating in dry ingredients alternately with almond milk. Beat only until smooth.
8. Run your knife through carrots and zucchini. Fold veggies and walnuts into batter.
9. Fill loaf pans with batter ¾ of the way full.
10. Bake for 50-60 minutes until golden brown and a toothpick inserted into the center comes out clean.
11. Allow to cool for at least 10-15 minutes before serving. Delicious warm with butter or on its own, warmed or room temperature. Try serving with maple whipped butter!