

# Banana Bread with honey and applesauce instead of sugar & oil. Delicious & Healthy.

## Ingredients:

2 cups whole wheat flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup sugar free applesauce  
3/4 cup honey  
2 eggs, beaten  
3 mashed overripe bananas

## Directions:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.

In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.