

## Birthday Banana Bread

**Ingredients:**

**Serves: 6**

½ C. honey

2 large eggs

1 ½ to 2 C. mashed bananas

½ C. light vanilla soymilk

2 ½ C. whole cracked grain or gluten-free flour (Buckwheat flour works well.)

1 C. chocolate chips (Optional, mandatory at my house!)

1 tsp. each of vanilla, baking soda, and salt

½ C. soy or plant-based buttery spread

Move oven racks to lowest position and preheat oven to 350 degrees. Spray Pam on bottom of one 9 x 5 x 3 loaf pan or two 8 x 4 x 2 loaf pans. Mix honey and soy butter and add eggs, bananas, soymilk and vanilla. Mix until smooth. Stir in flour, baking soda, salt and chocolate chips and pour into pan. Cook the eight-inch loaves one hour and the 9-inch loaf for one hour and twenty-five minutes, until a toothpick comes out clean. Cool completely and then slice.



Serve with skim milk, fruit, and eggs or turkey bacon or turkey sausage if having this for breakfast.

This makes a wonderful treat for a tea party or for that special occasion.