

September 14, 2025

Small banana bread

(no sugar)

Yield: 4 pieces

350 deg. oven, pre-heated

Bake about 20-25 minutes, until toothpick inserted comes out dry.

combine:

1/2 cup whole wheat pastry flour

1/4 cup oat bran

1 T. ground flax seed

1/4 tsp. cinnamon

1/4 tsp. baking soda

in separate, larger bowl...

combine, and let sit 2 minutes:

1/8 cup plain, unsweetened soy milk

1 T. lemon juice

blend in:

1 cup mashed banana

1 egg

Mix in dry ingredients, just until thoroughly combined.

Baking dish:

small, greased loaf pan, or equivalent.