

## RAINY DAY BANANA BREAD

Making this bread on a rainy afternoon makes the house smell amazing, and is the perfect snack with a cup of tea or coffee, curled up on the couch! Does life get any better than that?

 20 minutes 1 hour and 10 minutes 36 slices

### INGREDIENTS

- 1/2 cup salted butter
- 1 cup vegetable shortening
- 1 packed cup of brown sugar (either light or dark brown sugar is fine)
- 1 cup granulated sugar
- 6 large eggs
- 4 tablespoons vanilla extract (not imitation)
- 3 cups whole-wheat flour
- 2 cups all-purpose flour (preferably unbleached, not-self-rising)
- 1 cup old-fashioned oats
- 1 teaspoon Kosher salt
- 1 tablespoon baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup of cooked quinoa, room temperature or cooled (not hot, it might cook the eggs!)
- 12 overripe bananas (the softer and browner, the better!)

### COOKING METHOD

- 1° Preheat the oven to 350 degrees. In a mixer or using a hand blender, mix the butter, shortening, brown sugar, and granulated sugar together (in a large bowl) until combined.
- 2° Add the eggs and vanilla, and mix at high speed until mixture is pale and fluffy (about 5 minutes).
- 3° In a second bowl, combine the flours, oats, salt, baking soda, cinnamon, and nutmeg.
- 4° In a third bowl, combine the bananas and quinoa.
- 5° Add the bananas and quinoa to the butter/sugar mixture, mixing at low speed until combined.
- 6° Add the dry ingredients to the butter/sugar/banana mixture, mixing at low speed until combined. Do this carefully, the bowl will be pretty full!
- 7° When the ingredients are just mixed together, take a spatula and wipe around the entire bowl once or twice more to make sure all of the ingredients got blended together; otherwise, you might have a big dollop of butter/sugar mixture that ends up in the middle of one of your loaves!
- 8° Use three 9 x 5 x 4 bread pans, and spray with nonstick spray (dust with flour, too, if you know that the pans don't release baked goods very easily).
- 9° Divide the batter evenly between the three loaf pans. Bake for 50 minutes at 350, or until a toothpick inserted into the middle of the loaves comes out clean.
- 10° Cool for ten minutes, then remove the bread from the pans, and let cool on a rack until completely cooled, about one hour. OR, if you can't wait, carefully slice off a piece, slather with butter, and enjoy!
- 11° NOTE: This recipe makes three loaves of bread, so feel free to cut the recipe in half! But, if you are like me, and you stockpile bananas in the freezer, then you can just go ahead and make the entire recipe. It also makes great housewarming gifts! Additionally, you can add 1 cup of chopped nuts, 1/2 cup of sunflower seeds, 1 cup of chocolate chips, or omit the spices if you would like to play with the flavors!

## NUTRITIONAL INFORMATION

	PER 100 g	PER SLICE (97 g)	% DRI
ENERGY	260 kcal	252 kcal	13 %
FAT	10 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	4 g	3 g	17 %
CHOLESTEROL	39 mg	38 mg	13 %
SODIUM	212 mg	205 mg	9 %
CARBOHYDRATE	39 g	37 g	12 %
SUGARS	17 g	17 g	—
FIBER	3 g	3 g	12 %
PROTEIN	5 g	5 g	—