

Whole Wheat Banana Bread

Servings: 12 slices

Prep Time: 15 minutes

Cook Time: 55 minutes

Ingredients

- 1 $\frac{3}{4}$ cups whole wheat flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{3}$ cup olive oil or melted coconut oil
- $\frac{1}{2}$ cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe bananas (about 3 medium bananas)
- $\frac{1}{4}$ cup plain Greek yogurt
- 1 tsp vanilla extract

Instructions

1. Preheat Oven: 325°F (165°C). Grease a 9x5-inch loaf pan.
2. Mix Dry Ingredients: In a bowl, whisk whole wheat flour, baking soda, salt, and cinnamon.

3. Mix Wet Ingredients: In another bowl, whisk oil and honey, then beat in eggs, bananas, yogurt, and vanilla.
4. Combine: Slowly fold dry ingredients into wet mixture until just combined. Do not overmix.
5. Bake: Pour batter into loaf pan and bake 50–55 minutes until a toothpick comes out clean.
6. Cool & Slice: Let cool 15 minutes before slicing.

Why This Helps Blood Sugar

Whole wheat flour slows sugar release thanks to its fiber-rich bran. Bananas provide natural sweetness with potassium, which supports healthy blood pressure alongside glucose stability.