

BANANA WALNUT BREAD



	Ingredients	Exchanges
Protein	3.5 gm walnuts, ground	0.5 (-1.75 gm fat)
	15.5 gm Bob's Red Mill® hazelnut flour	2.5 (-6.25 gm fat)
	10.5 gm fresh whole egg	0.7 (-0.7 gm fat)
Fat	7.6 gm butter	2 (-2.45 gm)
	1.8 gm walnut oil	2 (-6.25 gm)
Carbohydrate	5.5 gm banana, mashed	1.3
Other	2 drops McCormick® banana extract	
	4 gm erythritol	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350°F.
- Melt the butter in a small bowl.
- Add the rest of the ingredients to the melted butter.
- Stir until smooth and well mixed.
- Grease a small loaf pan or silicone mold with nonstick cooking spray.
- Scoop the batter into the mold, filling $\frac{3}{4}$ of the way.
- Place in the preheated oven for 20-25 minutes until slightly browned and firm.
- Let cool before removing from mold to allow fats to re-absorb.

VARIATIONS

- Almond flour can be used in place of hazelnut flour.
- This recipe freezes well for up to two months in an airtight storage container or bag.
- Banana can only be substituted with thick puree textured foods such as canned pumpkin.
- Walnuts can be substituted for Brazil nuts which are an excellent source of selenium.