

Completely Healthy Banana Bread

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/moist-banana-bread-recipe-greek-yogurt>

Ingredients:

- 4 bananas very ripe
- 1/3 cup coconut oil melted, or olive oil
- 1/4 cup Greek yoghurt or milk
- 1/4 cup honey or maple syrup
- 2 eggs beaten
- 1 teaspoon vanilla essence
- 1 teaspoon baking soda
- 1 pinch salt
- 1 3/4 cups wholewheat flour

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 110 milligrams
4. Fat: 22 grams
5. Fiber: 10 grams
6. Protein: 12 grams
7. SaturatedFat: 17 grams
8. Sodium: 440 milligrams
9. Sugar: 33 grams

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