

Best Banana Bread

1 C Sugar

**½ C Butter (room temp) Natural Applesauce or
Coconut oil**

2 beaten eggs

1 ½ C WW Flour

1 tsp. Baking Soda

Pinch sea salt

1 C mashed bananas

½ C Sour Cream or soy cream

1 ½ t Vanilla

½ B chopped pecans or walnuts

Cream butter or applesauce and sugar; add eggs or egg substitute. Sift dry ingredients. Combine with moist ingredients, blend well. Add bananas, cream and vanilla; stir well. Stir in nuts. Bake in well-greased 9x5x3" loaf pan for one hour at 350[®] or until toothpick comes out clean.