



Banana Nut Bread or Muffin Recipe

Ingredients For Two Loaves:

- 3 ½ Cups all-purpose flour (experiment with almond, coconut or non GMO gluten free flour)
- 2 ½ tsp. baking soda
- 1 tsp baking powder
- ½ tsp. salt
- 1 ½ cups granular white sugar (experiment with low calory sugar substitutes if desired)
- ½ cup brown sugar
- 1 ½ tsp. vanilla extract
- 2 cups mashed very ripe bananas 4 to 6 bananas
- 2 sticks slightly cool melted butter
- 4 eggs
- 1/3 cup milk (may substitute sour cream, buttermilk or Greek Yogurt)
- 2 cups chopped walnuts
- Optional - ½ tsp. nutmeg, 1 tsp cinnamon, 1 tsp. vinegar
- Optional - sprinkle on top some saved chopped walnut pieces.

In a large mixing bowl pour pre-mixed wet ingredients into pre-mixed dry ingredients then mix vigorously by hand until no flour is visible throughout.

Add nuts **last** and stir by hand until evenly distributed. Save a few to sprinkle on top if desired.

Pour batter into two greased 8x4x3" loaf pans. May want to put baking pans on pizza stone or insulated cookie sheet to be sure the bottom isn't over done.

Bake in 350-degree oven for 55 to 65 minutes until toothpick comes out clean.

Cool for 10 minutes, or if you can wait, cool several hours on wire rack before slicing.

Makes two loaves. When cool, wrap and give away the second loaf or freeze for later if desired.

Also have fun experimenting with Zucchini, Blueberries, Apples, Peaches, Pears etc. instead of bananas. For a possibly healthier version try experimenting with almond, buckwheat, chick pea flour etc. For sweeteners try Monk Fruit, Swerve (brown or white sugar substitute) or Stevia.

Recipe for overcoming the deep deception of Satan:

John 3:16 "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

For a **free** digital copies of the both "**Gospel of John**", in an easy to read version of the Bible, plus our **free** e-book for those who have ever asked the question: "**Is the Bible Really from God???**" visit www.freebibletracts.org or scan **QR** Code below. You owe it to yourself to spend some open-minded time digging in to find the true answer to this big question. If the Bible really is from God, you need to act on it. Eternity is a long time to have gotten it wrong.

The purpose of the book is to help you see that Christianity is not just any other religion, but is filled with historical, archeological, and scientific backed truths absent in other religious book. It also contains hundreds of verifiable prophecies (history told in advance). No other religious book can do this either.

If you are already a Christian you will probably learn some things you might not know that will help you share your faith in a logical, informed way.

