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BANANA NUT BREAD

I don't really like ripe bananas, except when they are incorporated into something like banana bread. This recipe yields a loaf that tastes even better if you let it sit out overnight—that is, if you have the willpower.

- 1/3 cup butter, softened
- ½ cup Sucanat
- 2 eggs
- 1¾ cups sprouted spelt or white flour
- 1 tsp. baking powder
- ½ tsp. soda
- ½ tsp. salt
- 1 cup ripe bananas, mashed
- ½ cup walnuts, chopped

Cream together butter and Sucanat; add eggs and beat well. Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into a well-greased 9x5-inch loaf pan, Bake at 350°F for 45-50 minutes or until done in the center.