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## BANANA NUT BREAD

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- 1/3 cup butter, softened
- 1/2 cup Sucanat
- 2 eggs
- 1 3/4 cups sprouted spelt or white flour
- 1 tsp. baking powder
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1 cup ripe bananas, mashed
- 1/2 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.