**My Favorite Banana Bread**
Chef Jen, RDN/LDN

**Ingredients:**
- 1 ½ cup all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp baking soda
- 1 tsp cinnamon
- 1 large egg
- 1 cup mashed, very ripe bananas (~ 3 medium)
- ½ tsp vanilla
- ½ cup unsweetened applesauce
- ½ cup sugar
- Optional: ½ cup chopped nuts or chocolate chips

**Preparation:**
1. Pre-heat oven to 350°F. Grease a standard loaf pan or 12 cup muffin pan and set aside. In a medium bowl, mix all dry ingredients with whisk. In large bowl, mash bananas and add egg, applesauce and sugar. Mix wet ingredients very well then add dry to wet. Mix until just incorporated then fold in optional ingredients.
2. Pour contents into loaf pan or divide evenly in muffin cavities.
   - For loaf: bake ~ 50-55 minutes or until toothpick inserted in center comes out clean.
   - For Muffing: bake ~15-20 minutes or until toothpick inserted in center comes out clean.
   - Cool on wire rack for ~ 10 minutes or longer. Muffins can freeze for up to 2 months in freezer safe bag or container.