

Healthier Banana Bread

with Cardamom, Olive Oil, Dates and Chia

INGREDIENTS

⅓ cup extra virgin olive oil
½ cup honey
2 eggs
2 ripe bananas, mashed
2 tbsp. sour cream
¼ cup low-fat milk
1 tsp. baking soda
1 tsp. vanilla extract
½ tsp. ground cardamom
½ tsp. ground cinnamon (plus more for swirling on top)
½ tsp. ground nutmeg
2 tbsp. chia seeds
1 cup wheat flour
⅓ cup white flour
6 Medjool dates, pitted and chopped
⅓ cup chopped walnuts

DIRECTIONS

Preheat oven to 325.

Whisk together olive oil, honey and eggs in large bowl. Add bananas, sour cream and milk and whisk again. In a separate bowl, combine dry ingredients. Add dry ingredients to wet ingredients. Use a wooden spoon and be careful not to overmix. Gently stir in dates and nuts.

Pour batter into a lightly oiled 5¼ x 3" loaf pan. Sprinkle more cinnamon on top and using a knife, make a swirl pattern on top.

Bake for 1 hour, 5 minutes or until a toothpick comes out clean.