Healthier Banana Bread with Cardamom, Olive Oil, Dates and Chia

**INGREDIENTS**
- ½ 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
- ½ cup white flour
- 6 Medjool dates, pitted and chopped
- ½ 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 5¾ 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.