Chocolate Banana Bread With

Flax and Whole Wheat

8 oz whole wheat flour (about 1.5 cups)
4 oz (wt) sugar (about 2/3 cup)
1 oz (wt) cocoa powder (about 1/3 cup)
2 tsp. baking powder
1 tsp instant espresso powder

1.5 cups very ripe banana, mashed (3 bananas)
4 oz grape seed oil
6 oz milk (1%)
2 eggs, lightly beaten
1 tsp vanilla extract

1/4 cup flax whole flax seeds, toasted
3 oz (wt) dark chocolate, chopped (about 1/2 cup)

Preheat oven to 350 degrees. Grease a 9-by-5-Inch Loaf Pan* I spray mine with a refillable Misto Olive Oil Sprayer but you can use something like PAM or even butter.

In a large bowl, whisk together the whole wheat flour, sugar, cocoa, baking powder and espresso powder.

In another large bowl, combine the wet ingredients; mashed banana (it's ok to leave some small lumps), oil, milk, eggs and vanilla. Add the chopped chocolate and flax seed to the wet mixture. Add in all the dry ingredients at once and stir to combine. Do not over-mix.

Pour the batter into the greased loaf pan and bake on a rack set in the middle of the oven for 55-60 minutes. I use a bamboo skewer to determine doneness and start checking at about 45 minutes. Allow to cool 10 minutes then remove from the pan and cool on a wire rack.

Yields 14-16 slices.

*My loaf pan was hand made by my Uncle and is actually 10"x5"x5" so your loaf may come out a bit taller than mine if you use a standard 9"x5" pan.