

# Lenten Banana Bread

3-4 overripe bananas (to make 1 ½ to 1 ¾ cup mashed banana)

⅓ cup vegetable oil

2 tbsp maple syrup (more if needed to moisten dough)

1 tsp vanilla extract

1 ½ cup flour (more if needed if dough is too wet)

1 ½ tsp baking powder

½ tsp baking soda

¼ tsp salt

Optional: chocolate chips, chopped nuts, fruit, etc.

## Directions

1. Preheat oven to 350°F.
2. Mash bananas with fork or potato masher, then stir in oil, maple syrup, and vanilla extract.
3. Separately, mix flour, baking powder, baking soda, salt, and any optional items. Add all at once to wet ingredients.
4. Mix until batter is lumpy and just combined - don't overmix. If dry, add more maple syrup, and if wet, add more flour.
5. Transfer to greased loaf pan and bake for 45-50 minutes.