



## HAWAIIAN BANANA BREAD

### INGREDIENTS:

1 1/4 cups flour  
1/2 tsp salt  
1 tsp. baking soda  
1/2 cup shortening  
1 cup sugar OR 1/2 cup stevia that is 2 to 1 to sugar (use half as much)  
1 cup ripe mashed bananas  
2 eggs, slightly beaten  
1/2 cup chopped walnuts or almonds or even trail mix

### NOTE FROM KIANA:

What is a health and fitness minded gal to do when you have a huge bowl of over-ripe bananas?

Make Hawaiian Banana Bread, of course! I replaced sugar with stevia, a plant based extract that is better for you, tastes like sugar without the highs/lows...and without the guilt!

Hope you enjoy this!

### DIRECTIONS:

Preheat oven to 350 degrees. Spray non stick spray on bread loaf pan. Stir dry ingredients in 1 bowl. In another larger bowl, mix shortening, stevia (or sugar you naughty girl / boy), mashed bananas, eggs and nuts.

Add combined dry ingredients and mix until batter is blended. Pour in bread/loaf pan and bake 55 minutes until brown and slightly crunchy on top. I cook mine a few minutes more since I love crunchy crust. Let cool 10 minutes before slicing and serving.

Tip: Serve with Greek yogurt for protein or alongside scrambled egg whites. Reheat in toaster so it's warm and crunchy.

**KIANA'S FAVORITE RECIPES**

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