

Banana Bread

Megan Hildebrandt

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| 1 cup sugar | 1 tsp. vanilla |
| 2 eggs, beaten | 1 tsp. salt |
| 3 very ripe bananas, mashed | 2 cups flour |
| 2 Tbsp. oil | 1 cup nuts, toasted |
| 4 Tbsp. buttermilk | ½ cup chocolate chips |
| 1 tsp. baking soda | (optional) |
| 1 tsp. baking powder | |

Mix sugar and wet ingredients together until well blended. Mix remaining dry ingredients (excluding nuts and chocolate chips) together. Add dry ingredients to banana mixture. Mix until well blended. Fold in nuts and chocolate chips, if desired. Bake at 325° for about 1 hour. *Makes 1 loaf.*

Whole Wheat Waffles

Patricia Cooper

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| 1 cup flour | 2 egg whites |
| 1 cup whole wheat flour | 1 ¾ cups skim milk |
| 2 tsp. sugar | ¼ cup vegetable oil |

Combine dry ingredients and set aside. Beat eggs with mixer until they are light and fluffy. Add flour mixture, milk, and oil to eggs. Beat until smooth. Coat waffle iron with spray and preheat. Pour about 1 cup + 2 tablespoons batter into iron. Bake about 6 minutes. *Makes 12 waffles.*