



Kates Kitchen

by Kate Jarvis C.N.P., Buying Club Representative

What is it about a nice warm piece of banana bread? Is it the moist texture? The sweet banana taste? The nutty, crunchy top? Or all of these features combined that make it the perfect afternoon treat? In my opinion it is the best food in the world to accompany a hot cup of tea.

The best thing about banana bread is that it is almost impossible to overcook because the fruit keeps it moist even if it's in the oven slightly too long. It is a baker's dream as well as a crowd-pleaser. There's something for everyone when you add some walnuts for extra nutrition and crunch, and/or chocolate chips for a punch of extra sweetness.

However, it can be difficult to find organic bananas, and when you do they tend to be quite expensive. If it's any consolation, according to the Environmental Working Group's Shopper's Guide to Pesticides, bananas rank # 20 out of 49. The guide ranks the worst offenders in the fruit and vegetable world, 1 being the least contaminated by pesticides (onion), and 49 being the most contaminated (celery). So number 20 out of 49 isn't too bad. But whenever you consume foods sprayed with pesticides there are not only implications on your health, but the health of those working in the field, and impact on the land and local waterways.
<http://www.foodnews.org/fulllist.php>

Fair Trade bananas are becoming increasingly popular, experiencing a steady 20% growth since their introduction into the market place in 1996. The banana market is extremely competitive and it's difficult for small producers to make a good profit. Being Fair Trade Certified means that the producers are paid a fair price for their fruit. It also means that they must follow strict environmental standards as well.
<http://transfair.ca/en/products/fruit>

Here's a great banana bread recipe from Flour Power. It includes their Ontario grown seed flours which are completely wheat free. The neat thing about these flours is that when the flour is extracted from the seed, the oil is reserved and is used as fuel for the tractors and trucks working on the farms that grow the seeds. It all comes full circle! Read more at www.oilseedworks.com *All Flour Power products are being offered at 15% off for January & February, see page 12*

High Protein & High Fiber Banana Bread

2 medium ripe bananas
½ cup plain low fat yogurt
1 tsp baking soda
1 egg
¾ cup brown sugar
¼ cup vegetable oil of your choice
1 tsp vanilla
½ cup rice flour
½ cup sunflower flour
¼ cup flax flour
¼ cup hemp flour
1 tsp baking powder
pinch of salt
1/3 cup shelled hemp seeds

Substitutions:

Flours: You can use wheat flour and substitute up to ½ cup of the Flour Power flours. You should have 1 ½ cups of flours total.
Egg: 1 Tbsp flax seed mixed with 3 tbsp water, let sit 5 minutes.
Oil: I like Fair Trade organic coconut oil the best

In a small bowl combine bananas, yogurt and baking soda
In a separate bowl combine egg, sugar, oil and vanilla; blend well
In a large bowl combine flours, baking powder and salt; mix
Combine banana mixture with oil mixture.
Add to dry ingredients in large bowl and stir together just until moistened, mix in hemp seeds
Bake in non-stick lightly oiled or parchment lined 8" x 4" loaf pan at 350 degrees for 50 – 60 minutes.
Enjoy!