

“Happy Person - Whole Wheat Banana Bread”

1 cup sugar
1/3 cup margarine or butter, melted
1 cup (2 medium) mashed ripe bananas
1/3 cup water
2 eggs, slightly beaten
1 cup all purpose flour
1 cup whole wheat flour
1 tsp baking soda
½ tsp salt

Heat oven to 350 F. Grease bottom of 9x5 or 8x4 inch loaf pan. In large bowl, combine sugar and margarine; beat well.

Add bananas, water and eggs. Mix well.

In medium bowl, combine all purpose flour, whole wheat flour, baking soda, salt. Mix well. Add dry ingredients gradually to banana mixture. Mix until combined. Pour batter into greased pan.

Bake at 350F for 55-65 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes. Remove from pan. Cool completely before slicing. Wrap tightly and store in refrigerator. Makes 1 loaf, about 16 slices.

“Why Banana Bread?”

Bananas have been proven to boost your serotonin levels in your brain which boosts your mood! The combo with the whole wheat also does a bang up job of boosting your mood.

For more info:

Read Step 1 of our free “6 Step to Cure Depression E-Course” for more info on the power of food and your mood. <http://www.cure-your-depression.com/depression-viplist.html>

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