

Athletics Ontario Brand Ambassador April Challenge – “Snack Attack”

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My go-to snack of choice is definitely Banana Bread! It was a personal favourite growing up as a kid, and the only thing that has changed since then is the amount I can eat! My mom always made it for us and I would always tell my friends that she made the best banana bread in the world (I still believe this to be true!).

This is a perfect snack to enjoy with a glass of milk or protein shake after a hard workout. Personally my favourite time to enjoy it is after a Sunday morning long run! Adding extra fruit is a good way to make it a little healthier, or add some chocolate chips (if you worked hard enough to earn the extra treat!)

Banana Bread

Ingredients

2 cups (500 mL) all-purpose flour
1/4 cup (50 mL) granulated sugar
2 tsp (10 mL) baking powder
1 tsp (5 mL) baking soda
Pinch salt
1 cup (250 mL) chocolate chips, cranberries, sliced apple, etc. (Optional)
2 cups (500 mL) mashed ripe bananas
1/2 cup (125 mL) butter, melted
1/4 cup (50 mL) milk
2 eggs

Preparation

In large bowl, whisk flour, sugar, baking powder, baking soda and salt ; add chocolate chips or other fruit options. In separate bowl, whisk together bananas, butter, milk and eggs; pour over flour mixture and stir just until blended. Spread in greased 9- x 5-inch (2 L) loaf pan.

Bake in centre of 350°F (180°C) oven for 50 to 60 minutes or until cake tester inserted in centre comes out clean. Let cool in pan on rack for 15 minutes. Turn out onto rack; let cool completely. *(Make-ahead: Wrap and store at room temperature for up to 2 days or overwrap with heavy-duty foil and freeze for up to 2 weeks.)*