



Banana Bread

1/4 cup unsalted butter, at room temperature (1/2 stick)
1/2 cup sugar
1/4 cup brown sugar
3 ripe bananas, mashed
2 egg whites, lightly beaten
1/4 cup buttermilk, well shaken
heaping 1/4 cup sour cream
1 teaspoon pure vanilla extract
2 cups white whole-wheat flour (other flours will work, but this is my favorite)
1 teaspoon baking soda
1/2 teaspoon kosher salt
1/2 teaspoon ground cinnamon

Preheat the oven to 350. Grease a loaf pan; set aside.

In the bowl of a stand mixer, cream the butter and sugars until light and fluffy (about 2 minutes).

Meanwhile, whisk together the mashed bananas, egg whites, buttermilk, sour cream and vanilla in a medium bowl. In another medium bowl, whisk together the flour, soda, salt and cinnamon.

Once the butter-sugar mixture is light and fluffy, scrape down the bowl and, with the mixer running on low speed, add the banana mixture; beat until well combined. With the mixer running on low speed, add the flour mixture; beat until just combined. Do not overmix.

Pour the batter in the prepared loaf pan. Bake for 1 hour. Allow to cool for 5 to 10 minutes in the pan, on a rack. Turn out onto the rack and allow to cool completely.