BANANA TAHINI CARROT RAISIN BREAD

Recipe by Emani Parsons, M.S.

Supplies

- Large mixing bowl
- Large spoon
- Blender
- 1 large loaf pan or 2 small or medium loaf pans
- Measuring spoons

Ingredients

- 3 cups whole wheat pastry flour
- 1 tbsp cinnamon
- 2 cups shredded carrots
- 1 cup raisins
- 2 bananas
- ½ cup agave
- ¾ cup tahini
- 2 cups of water
- ½ cup grape seed oil (or any other oil you have in your house)

Instructions

1. Preheat your oven to 350. Place 3 cups of whole wheat flour, 2 cups of shredded carrots, and 1 cup of raisins in the large mixing bowl
2. Mix the flour, raisins, carrots, and flour together
3. Set aside
4. Add 1 cup of water, ¾ cup tahini, ½ cup agave, 1 tbsp cinnamon, ½ cup grapeseed oil (or oil of choice), and 2 bananas to the blender
5. Blend all the ingredients together until they are completely mixed and have reached a smooth consistency
6. Add the blended mixture to the bowl with the flour, carrots and raisins
7. Add 1 cup of water to the bowl
8. Mix everything together until ingredients are fully combined
9. Add mixture to a loaf pan
10. Place mixture in the oven and bake for 35 minutes at 350 degrees
11. Enjoy!