



## *Chat N Chew*

### *Substitutions Season 2-2*

#### *Banana Bread Substitutions*

- *Avocado for butter*
- *Dates for brown sugar*
- *Whole wheat flour for all-purpose flour*
- *Touch of cinnamon*

*Take the seeds out of the dates, soak them in water for 10 minutes and blend them.*

*Use the same amounts of ingredients from a normal banana bread recipe with the substitutions to make it healthier. Enjoy!*

***Healthy Living for Wellness of Body, Mind and Spirit***

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