

## Ingredients

Cooking  
is  
Bliss!



- 2¼ c all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. of cinnamon
- 1 tsp. ginger
- 1 tsp. salt
- ½ c melted butter
- ½ c vegetable oil
- 1½ c sugar
- 2 eggs
- 3 medium-sized bananas, mashed
- 2 tsp vanilla extract
- 1 c carrots, grated
- ½ c chopped pecans



1. Preheat oven to 350 degrees Fahrenheit.
2. Butter two loaf pans.
3. Mash bananas until completely smooth.
4. Sift together flour, baking powder, baking soda, cinnamon, ginger, & salt.
5. In a large mixing bowl, add oil, butter, sugar, eggs, mashed banana, vanilla extract, & carrots.
6. Pour wet ingredients over dry ingredients & mix using a spatula until thoroughly combined. Add chopped pecans and stir.
7. Pour into 2 buttered pans - evenly divided. Place in the oven for 45 minutes or until the toothpick comes out clean.
8. For the frosting, mix all ingredients with a whisk attachment until smooth.
9. Once the bread is done! Cut a slice because the "end" of the loaf is delicious, fresh out of the oven!
10. Allow the loaf to cool & frost. Top with more pecan pieces.

## Cream Cheese Frosting

- 4 oz cream cheese
- 5/6 cups powdered sugar (1/2c + 1/3 cup)
- 1 tsp vanilla
- ½ stick of butter



## NOTES

- If you juice fruits & vegetables often like I do, save the pulp & freeze it. I wrap in plastic wrap, foil then place in a freezer storage bag to lock in the freshness. Perfect for cakes & bread!
- Be sure to use good quality butter (like Kerry gold butter). It makes all the difference in flavor/texture.



Got some over-ripe bananas? Banana carrot nut bread is the answer! This loaf is super moist, bursting with delicious flavor & so easy to whip up. The hardest part would be trying to eat just one slice!