



# Blood Orange Banana Bread

## Ingredients

- 2 eggs
- 1/2 cup [Fustini's Blood Orange olive oil](#)
- 1/3 cup [Iron Fish Bourbon Barrel Aged Maple Syrup](#)
- 1/4 cup sour cream or Greek yogurt
- 1 cup mashed ripe bananas, about 2-3 medium bananas
- 1 3/4 cups plain all-purpose flour, or gluten-free flour (I used cup for cup)
- ½ teaspoon ground cardamom
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1/4cup dark chocolate chips
- 1/4 cup roughly chopped walnuts

## Directions

### Step 1.

Pre-heat oven to 325F. Spray a 9x5 inch loaf pan with cooking spray, line with a parchment paper sling, spray the pan again and set aside. In a medium bowl, whisk the flour, cardamom, baking soda and salt. Set aside.

### Step 2.

In a large bowl, mash bananas with a fork. Add eggs, Fustini's Blood Orange olive oil, Iron Fish Bourbon Barrel Aged Maple Syrup, sour cream (or Greek yogurt) and beat with a whisk for 2 minutes. Stir in flour mixture, folding gently with a rubber spatula until no dry flour streaks remain (if using GF flour, whisk away as no gluten forms that could 'toughen' the batter). Add chocolate chips and walnuts, folding until just combined.

### Step 3.

Pour batter into greased pan, smoothing the top with a spatula. Bake on the middle rack, turning once halfway through baking, for 50-55 minutes or until a toothpick inserted comes out clean. Cool for at least 10 minutes, remove bread with sling and place on a cooling rack for 30 minutes.