

Whole Grain Banana Bread

This traditional favorite makes for a tasty treat with no saturated fat.

Serves 12



Ingredients

- 3 large well-ripened bananas
- 1 egg
- 2 tablespoons canola oil
- 1/3 cup milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, mash bananas with a fork.
3. Add egg, oil, milk, sugar, salt, baking soda, and baking powder. Beat well until smooth.
4. Gently mix the flours into the banana mixture and stir for 20 seconds or until well combined.
5. Pour into a 4 x 8 inch loaf pan that has been lightly oiled, treated with cooking spray, or lined with wax paper.
6. Bake for 45 minutes, or until a toothpick inserted near the middle comes out clean.
7. Let cool for 5 minutes before removing from the pan.

Adapted from Nancy Clark's *Food Guide for Marathoners*

Nutrition Facts

Serving Size 1 Slice
Servings Per Recipe 12

Amount Per Serving

Calories 140 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 330mg **14%**

Total Carbohydrate 25g **8%**

 Dietary Fiber 2g **8%**

 Sugars 10g

Protein 3g

Vitamin A 2% • Vitamin C 4%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

