

'Nana Bread

Hands-on - 15 min. Oven - 45 min.

2 loaves, 12 servings each

Who doesn't love banana bread? Every household needs a banana bread recipe for those bananas that get too ripe before the family can get around to eating them all. And the recipe needs to be without all the fat and sugar, yet so moist and sweet that each slice can be eaten as is! Ask no more, it's all right here!

Preheat oven to 350°.
Coat 2 loaf pans with cooking spray.



1/2 cup	firmly packed brown sugar	Mix together in a large mixing bowl.
2	egg whites	
2 T	vanilla extract	

3 cups	bananas (about 5)	Mash. (I use a food processor). Stir into mixture.
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2 T	canola oil	Add to mix and stir.
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3 cups	whole-wheat pastry flour*	Place in a sifter and sift over mixture (or place in a separate bowl and use a fork to equally distribute the salt and soda). Stir together thoroughly with the wet ingredients.
2 tsp	baking soda	
1/2 tsp	salt	

2/3 cup	coarsely chopped walnuts (opt)	Stir into batter.
1/2 cup	ground flax seed (opt)	Divide batter evenly between the pans (loaves will not be high). Bake 45 minutes, or until a toothpick inserted in center comes out clean.

**To learn more about whole-wheat pastry flour see page 340. You can substitute 1½ cups whole-wheat and 1½ cups all-purpose flour.*

Nutrition information for 1 slice including ground flax seed (1/12 of loaf)

Calories	137	Fat	4 g	Fiber	3.5 g	Sodium	160 mg	Total Carbohydrate	23 g
Calories from Fat	27%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	3 g	Sugars	7 g