



Recipe of the Month – July

Nutritious Banana Bread

Serves: 12

Ingredients:

- 3 bananas (large, well-ripened)
- 1 egg (or 2 egg whites)
- 2 Tbsp vegetable oil (or 2 Tbsp. unsweetened applesauce)
- 1/3 cup milk
- 1/3 cup sugar
- 1 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 1/2 cup flour (or 1 cup all purpose flour + 1/2 cup whole wheat flour)

Directions:

1. Preheat oven to 350 degrees
2. Peel the bananas, placing in mixing bowl
3. Mash the bananas with a fork.
4. Add egg, oil, milk, sugar, salt, baking soda and baking powder, mixing well with fork
5. Slowly stir the flour into the banana mixture until the flour is moistened
6. Lightly grease the bread pan with cooking spray
7. Pour the batter into the bread pan
8. Bake for 40 minutes or until a toothpick inserted in middle comes out clean
9. Let the bread cool for 5 minutes before removing from pan

NUTRITION FACTS PER SERVING: Calories 140, Total Fat 3g , Saturated Fat 1g, Cholesterol 15mg, Sodium 330mg, Total Carbohydrate 26g, Dietary Fiber 1g, Sugars 10g, Protein 3g , Vit A 2%, Vit C 4%, Calcium 2%, Iron 6%