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Banana Bread

Makes 16 1-slice servings. Recipe adapted from Cooking Light.

Ingredients

1-1/2 cups mashed ripe banana
1/3 cup plain fat-free yogurt
5 tablespoons butter, melted
2 large eggs
1/2 cup granulated sugar
1/2 cup packed brown sugar
6.75 ounces all-purpose flour (about 1-1/2 cups)
1/4 cup ground flaxseed
3/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/8 teaspoon ground allspice
Cooking spray

Nutritional info per cookie

Calories:	257
Total fat:	14g
Cholesterol:	41mg
Sodium:	250mg
Total Carbs:	30g
Dietary Fiber:	4g
Protein:	3g
Sugar:	14g

Directions

1. Preheat oven to 350°.
2. Combine first 4 ingredients in a large bowl; beat with a mixer at medium speed. Add granulated and brown sugars; beat until combined.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through ground allspice).
4. Add flour mixture to banana mixture; beat just until blended.
5. Pour batter into a 9 x 5-inch loaf pan coated with cooking spray. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean.
6. Remove from oven; cool 10 minutes in pan on a wire rack.