

Banana Bread

Prep Time: 15 minutes
Cook Time: 35 minutes

Ready in: 50 minutes
Yield: 1 loaf, 8 servings

Ingredients

2 tbs reduced calorie margarine spread, melted	½ tsp baking soda
¾ cup whole-wheat flour	1 large egg + 1 large egg white
½ cup all-purpose flour	½ cup brown sugar
¼ cup ground golden flaxseed	1½ tsp vanilla extract
¾ tsp salt	¾ cup mashed very ripe bananas
½ tsp baking powder	¼ cup walnuts

Directions

1. Preheat oven to 350 degrees. Spray a 9-by-5-by-3-inch loaf pan with nonstick cooking spray, and set aside. Whisk together the flours, flaxseed, salt, baking powder, and baking soda in a medium bowl, and set aside.

Put egg and egg white in the bowl of an electric mixer fitted with the paddle attachment, and mix on medium-low speed until well combined, about 2 minutes. Add melted margarine, sugar, vanilla, and bananas, and mix until combined. Add the reserved flour mixture, and mix on low speed until well incorporated, about 10 seconds. Stir in walnuts.
2. Pour batter into pan. Bake until golden brown and a cake tester inserted into the center comes out clean, about 35 minutes. Let cool slightly in pan on a wire rack. Invert bread to unmold; reinvert, and let cool completely on rack.

Nutrition Information

Serving Size: 1/12 of recipe

Calories 128

% Daily Value

% Daily Value

Total Fat 4g

Sat Fat 1g

Trans Fat 0g

Cholesterol 18mg

Sodium 249mg

Carbohydrates 20g

Dietary Fiber 2g

Sugars 8g

Protein 3g

6%

5%

6%

10%

7%

8%

Vitamin A

Vitamin C

Calcium

Iron

6%

3%

2%

5%