

WHOLE GRAIN BANANA BREAD

Serves 8

- 2 large eggs
- ½ cup sugar
- 1 cup smashed ripe bananas (about 3)
- ⅓ cup non-fat plain yogurt
- 1 tbsp safflower oil
- 1 tbsp vanilla extract
- 1 ¾ cups whole wheat flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- ½ tsp ground nutmeg
- 2 tbsp. ground flax seed

Preheat oven to 325° F. Lightly butter 8 ½ x 4 ½ x 2 ½ inch loaf pan; dust with flour. Using electric mixer, beat eggs and sugar in large bowl until thick and light—about 5 minutes. Mix in smashed bananas, yogurt, oil, and vanilla. Sift flour, baking powder, baking soda, salt, cinnamon, nutmeg, and flax seed over mixture. Beat until just blended. Transfer batter to prepared pan. Bake until golden brown on top and tester inserted into center comes out clean—about 60 minutes. Turn bread out onto rack and cool.

The Healthy Pantry

- ▶ Soybean oil
- ▶ Whole wheat flour
- ▶ Ground flax seed

Other Pantry

- ▶ Sugar
- ▶ Baking powder
- ▶ Baking soda
- ▶ Salt
- ▶ Cinnamon
- ▶ Ground Nutmeg
- ▶ Vanilla

Produce

- ✓ Bananas (3)

Dairy

- ✓ Butter
- ✓ Eggs (2 large)
- ✓ Low-fat vanilla yogurt

Nutrition Facts			
Serving Size 8.00 serving(s) (88g)			
Amount Per Serving			
Calories	207	Calories from Fat	38
% Daily Value			
Total Fat	4.3g		7 %
Saturated Fat	0.7g		3 %
Trans Fat	0.0g		
Cholesterol	53.1mg		18 %
Sodium	342.2mg		14 %
Total Carbohydrate	37.8g		13 %
Dietary Fiber	4.2g		17 %
Sugars	16.1g		
Protein	6.3g		
Vitamin A	2 %	Calcium	13 %
Vitamin C	3 %	Iron	9 %

The
Healthy Pantry
Inspiring Nutritiousness!

More recipes and Healthy Pantry ingredients available at www.thehealthypantry.com