



January 16- Banana Bread II

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-bread-ii>

Recipe

Ingredients:

- 3 bananas (well-ripened)
- 1 egg
- 2 Tablespoons vegetable oil
- 1/3 cup milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour (whole-wheat)

Directions:

1. Preheat the oven to 350°F.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

Yield 12 servings (1 slice per serving)

Nutrition Facts

Serving Size 1 slice (64.26g)
Servings Per Container 12

Amount Per Serving

Calories 140 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 310mg **13%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **10%**

Sugars 10g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.