

favorite banana bread

My kids LOVE this!

Ingredients:

1 cup mashed ripe bananas (about 2 large)
1/2 cup sugar (I use half brown sugar)
1/3 cup liquid vegetable oil margarine (I use Smart Balance margarine)
2 egg whites
1 3/4 cup skim milk
1 1/4 cups all purpose flour (I use half whole wheat flour)
1 cup Quaker Oat Bran cereal, uncooked
2 teaspoons backing powder
1/2 teaspoon baking soda

Directions:

Heat oven to 350.
Spray loaf pan with cooking spray or oil lightly.
Combine bananas, sugar, margarine, egg whites and milk and mix well.
In a separate bowl, combine flour, oat bran, baking powder and baking soda.
Slowly pour dry ingredients into the banana mixture and stir just until moistened.
Pour batter into prepared pan.
Bake at 55 to 60 minutes or until toothpick inserted in center comes out clean.
Cool 10 minutes in the pan; remove to wire rack.
Cool completely.

Nutritional Info: (for 1/16 of a loaf) (before my modifications to the recipe)

Calories 130	Protein 3 g	Fiber 1 g
Carbohydrate 20 g	Fat 4 g	

Another tip? When bananas start to get soft in our house, I toss them into the freezer, skin and all. Then, when I make banana bread, I put the frozen bananas in a bowl and fill it with warm water a few times. When the bananas are thawed, I tear off the tip of the skin and “squeeze” the banana out like toothpaste. PERFECT for making banana bread and no wasted bananas!

I almost always make three or four loaves at one time. The mess is already there, the ingredients are already out and the oven is already hot - so why not? It freezes VERY well, sliced or whole!

Our favorite way to eat it? Sliced, topped with “spray butter” and warmed in the microwave for 15 to 30 seconds.