

BANANA BREAD

Makes 12 servings (slices) from a loaf pan.

Preheat oven to 350° F.

2 1/4 cups flour
1 tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon nutmeg
2 tablespoons margarine or butter
1/2 cup sugar
1 large egg
1/4 cup skim milk
3 small bananas (6" each)
1/2 cup raisins
1/4 cup chopped nuts (walnuts or pecans)

1. Mix flour with baking powder, salt and nutmeg in a medium bowl.
2. In a large bowl, cream margarine and sugar with a wooden spoon. Beat in the egg and milk until smooth.
3. In a small bowl, mash the bananas with a fork.
4. Add mashed bananas and the flour mixture to the large bowl, and stir together. Then add nuts and raisins.
5. Scrape into 5 x 9 x 3" loaf pan and bake for 1 hour at 350°F.
6. The Banana Bread is ready when a knife inserted comes out clean.
7. Let the Banana Bread cool in the pan, then remove it and cut into 12 or more slices.

Nutrient information per serving:

Calories: 208 **Carbohydrate:** 39.7 grams **Protein:** 4.0 grams **Fat:** 4.4 grams

[Back to Archives](#)