

BANANA BREAD

This recipe uses no butter or oil but is still quite moist due to the unsweetened apple sauce! You think that cooking on a hot summer day is the last thing you want to do but the next morning this banana bread is oh-so-good...with some spray butter and cinnamon sprinkled on!



INGREDIENTS

- 1 1/4 cup whole wheat flour
- 1/4 cup all purpose flour
- 1/2 cup oats (this can be shredded in a food processor if you want)
- 1/4 cup splenda
- 1 teaspoon baking powder
- 1/2 cup UNSWEETENED applesauce
- 2 egg whites
- 1/2 cup PLAIN yogurt (Chobani brand is preferred)
- 1 teaspoon vanilla extract
- 2 medium ripe bananas
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

DIRECTIONS

1. Preheat your oven to 350F and spray loaf pan with PAM spray.
2. Mash the bananas and mix the egg whites, yogurt, splenda, applesauce and vanilla extract.
3. In a separate bowl, mix the flours, baking powder, oats, cinnamon and nutmeg together.
4. Combine dry and wet until just mixed. Do NOT over-mix this healthy banana bread or it will come out of the oven like a brick! Spoon the mixture into your prepared loaf pan.
5. Bake in preheated oven at 350F oven for about 40 minutes. Check to see if the loaf is ready by inserting a knife into the center of the loaf. It should come out completely clean when it's ready.
6. Allow to cool in the loaf pan for 10 minutes and then remove. Allow to cool on a wire rack completely before placing in Ziploc bag or containers for storage (the bread will become soggy if you do not let it cool first).

TIPS:

- If your mixture looks to dry you can add a little more applesauce.
- You can add sliced almonds or walnuts if you need an extra calorie boost before/after a workout!
- Gotta try this...smear some peanut butter or almond butter on a warm slice!

Delicious and nutritious!