

Banana Nut Bread II

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Servings: 14

1 cup (three bananas) very ripe bananas, mashed
1/2 cup sugar
1/2 cup plain nonfat yogurt
1/4 cup margarine, melted
1 teaspoon vanilla
1 egg
1 egg white
2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup chopped pecans, toasted

Preheat the oven to 350 degrees.

In a large bowl, combine the bananas, sugar, yogurt, margarine, vanilla, egg and egg white. Beat at medium speed in an electric mixer until well blended.

In a bowl, combine the flour, baking powder, baking soda and salt. Stir in the pecans. Add the flour mixture to the banana mixture, stirring until moistened.

Spoon the batter into an 8-1/2 x 4-1/2 x 3-inch loaf pan coated with baking spray with flour.

Bake for one hour and 5 minutes or until a toothpick comes out clean.

Cool for 10 minutes in the pan on a wire rack. Remove the loaf from the pan and cool completely on the wire rack.

Per Serving (excluding unknown items): 145 Calories; 5g Fat (30.7% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 171mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.