

Dried Cherry-Orange Bread

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Servings: 16

*1 cup all-purpose flour
1 cup whole wheat flour
1 1/2 teaspoons baking powder
1 teaspoon pumpkin pie spice OR
apple pie spice OR ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/2 cups (3 to 4 medium) mashed
ripe bananas
1/2 cup refrigerated or frozen egg
product (thawed) OR four egg whites
(lightly beaten)
1/2 cup packed brown sugar
1/2 cup canola oil
1/4 cup agave nectar or honey
1/2 cup snipped dried cherries
1 teaspoon orange peel, finely
shredded*

Preparation Time: 25 minutes

Bake: 50 minutes

Preheat the oven to 350 degrees. Grease the bottom and 1/2-inch up the sides of one 9x5x3-inch loaf pan. Set aside.

In a large bowl, combine the flours, baking powder, pie spice, baking soda and salt. Make a well in the center of the flour mixture. Set aside.

In a medium bowl, whisk together the mashed bananas, egg product, brown sugar, oil and agave. Add the banana mixture all at once to the flour mixture. Stir just until moistened. (The batter should be lumpy.) Fold the cherries and orange peel into the batter. Spoon the batter into the prepared pan.

Bake for 50 to 55 minutes or until a wooden toothpick inserted into the center comes out clean. (If necessary, cover loosely with foil for the last 10 minutes to prevent overbrowning.)

Cool in the pan on a wire rack for 10 minutes. Remove from the pan. Cool completely on a wire rack. Wrap and store overnight before slicing.

Per Serving (excluding unknown items): 140 Calories; 7g Fat (44.1% calories from fat); 2g Protein; 18g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 122mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Miscellaneous

