

# Mini Banana Bread Loaves

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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*

## **Preparation Time: 25 minutes**

### **Bake: 50 minutes**

Preheat the oven to 350 degrees. Lightly grease the bottoms and 1/2-inch up the sides of three 5-3/4x3x2-inch loaf pans. 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.) Spoon the batter into the prepared pans.

Bake for 35 to 40 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 pans on a wire rack for 10 minutes. Remove from the pans. Cool completely on a wire rack. Wrap and store overnight before slicing.

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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); 1 1/2 Fat; 1/2 Other Carbohydrates.

Miscellaneous

**Calories (kcal):** 140  
**% Calories from Fat:** 44.1%  
**% Calories from Carbohydrates:** 50.8%  
**% Calories from Protein:** 5.1%  
**Total Fat (g):** 7g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 18g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 2g  
**Sodium (mg):** 122mg  
**Potassium (mg):** 63mg  
**Calcium (mg):** 35mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Vitamin B6 (mg):** trace  
**Vitamin B12 (mcg):** 0mcg  
**Thiamin B1 (mg):** .1mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 14mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.0%

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### Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

Servings per Recipe: 16

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### Amount Per Serving

**Calories** 140 **Calories from Fat:** 62

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#### % Daily Values\*

<b>Total Fat</b>	7g		11%
	Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	122mg		5%
<b>Total Carbohydrates</b>	18g		6%
	Dietary Fiber	1g	5%
<b>Protein</b>	2g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			4%
<b>Iron</b>			5%

\* Percent Daily Values are based on a 2000 calorie diet.