

Raspberry Swirl Banana 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 seedless raspberry jam*

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.) Spoon the batter into the prepared pan. Spoon the raspberry jam atop the batter in the pan. Use a knife to swirl the jam into the batter.

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

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	140	Vitamin B6 (mg):	trace
% Calories from Fat:	44.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	50.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	14mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n.n%
Carbohydrate (g):	18g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	122mg	Vegetable:	0
Potassium (mg):	63mg	Fruit:	0
Calcium (mg):	35mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 140 **Calories from Fat:** 62

% Daily Values*

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

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