

## Banana Bread

Preheat oven to 375 degrees

16 servings per loaf pan

- ✓ 1 whole egg + 1 egg white
- ✓ 1 c. sifted white flour
- ✓ 3/4 c. sifted wheat flour
- ✓ 1 tsp. baking soda
- ✓ 1/2 tsp. salt
- ✓ 1/3 c. vegetable oil
- ✓ 2/3 c. sugar
- ✓ 1 c. mashed bananas (about 3 bananas)
- ✓ 1 tsp vanilla extract
- ✓ 1 small box of raisins

1. In a medium-size bowl, sift together all dry ingredients
2. In a separate bowl crack the eggs and beat a bit
3. In a large bowl, combine vegetable oil and sugar, once completely mixed add eggs
4. Add ¼ of the dry ingredients and mix well, then ¼ of the banana and mix well, alternate dry ingredients and banana until completely incorporated
5. Add raisins
6. Pour mixture into a prepared loaf pan (use baking spray)
7. Cook for 45-60 min or until you stick a knife in the center and it comes out clean
8. Immediately take out of loaf pan and enjoy!

**Nutritional analysis (per serving):** 135.3 calories, 2.4 g protein, 4.7g fat (.4 sat), 21.9 g carbohydrate, 1.3 g fiber, 13.3 mg cholesterol, 83.2 mg sodium, 0.5% DV calcium, 2.8% DV iron