

From page 377 of Better Homes and Gardens New Dieters CookBook (Low Calorie Home Cooking)

Nutrition: 125 calories per serving, 2 g protein, 22 g carbs, 4 g fat, 0 mg cholesterol, 81 mg sodium, 73 mg potassium

Banana Bread

Prep time 10 minutes Cooking time 45-50 minutes

1 ½ c all-purpose flour
1 ¼ teaspoons baking powder
½ teaspoon baking salt
½ teaspoon ground cinnamon
1/8 teaspoon salt

2 slightly beaten egg whites
1 cup mashed bananas
¾ cup sugar
¼ cup cooking oil
Non stick spray starch

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Things you'll need

Medium size bowl

Large bowl

8x4x2 or meatloaf size pan

measuring spoons

measuring cup for liquids

measuring cups for solids

Mixing spoon

Scraper

Fork to mash bananas

1/8 all spice

1/8 more cinnamon

I use canola oil, never use olive oil

I use "Just whites" available in the spice area of stores and not egg whites

About 2 bananas is equal to a cup, but buy 1 extra just in case.

In medium mixing bowl stir together flour, baking powder, baking soda, cinnamon and salt

In large mixing bowl stir together egg whites, bananas, sugar, cooking oil .

Put contents of medium bowl into large bowl, stir again.

Spray pan with nonstick spray to coat. Spread batter in pan. (I shake it a little to make it all even). Bake in 350 degree oven for 45-50 minutes (I check at 30-35 minutes) OR cook till a toothpick inserted near the center comes out clean.

Cool in pan for 10 minutes. Remove from pan and cool thoroughly on a wire rack. For easier slicing, it says to wrap the bread in plastic wrap and store overnight. I do not do this.