‘NANA BREAD

1/2 C. firmly packed brown sugar
2 egg whites
2 T. vanilla extract
2 C. bananas (about 3), mashed
1 C. unsweetened applesauce
3 C. whole-wheat pastry flour (or half white and half wheat flour)
2 tsp. baking soda
1/2 tsp. salt
1/2 C. coarsely chopped walnuts, optional

Preheat oven to 350°. Coat two loaf pans with cooking spray. Mix first three ingredients in a large mixing bowl; add mashed bananas and applesauce and set aside. In a separate bowl, mix flour, baking soda and salt with a fork until equally distributed. Stir dry and wet ingredients together. Add walnuts to the batter and stir. Divide batter evenly between the pans and put in preheated oven. Bake 45 minutes, or until toothpick inserted comes out clean. Loaves will not be high. Makes 2 loaves.

NUTRITION FACTS: Serving size: 1 slice (1/2 of loaf) per serving, 2 loaves (12 servings)