

'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

Nutri	tion	Fa	cts
Serving Size Servings Pe		er	
Amount Per Se	rving		
Calories 110) Cald	ories fron	n Fat 20
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 22g 7%			
Dietary Fiber 2g			8%
Sugars 8g			
Protein 3g			
Vitamin A 0%	6 · 1	Vitamin (10%
Calcium 2%	•	ron 4%	
*Percent Daily Vidiet. Your daily videpending on your	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per graf		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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)