

Low Fat Banana Bread

Ready in: 1 hour 15-20 minutes

Prep time: 10 minutes

Bake time: 50-55 minutes

Cool time: 15 minutes

Everyone loves banana bread! The oil is replaced by applesauce, and is a very good alternative for any fat in a baking recipe. Make a double batch and wrap into individual slices for a quick grab and go snack.

Ingredients

1 1/4 cup (300ml) whole wheat flour
1/4 cup (50-ml) all-purpose flour
1 tsp (5ml) baking powder
1-1/2 tsp (7.5ml) each: baking soda and cinnamon
1/2 tsp (2.5ml) salt
1/2 cup (125ml) brown sugar, packed
3 large very ripe bananas, mashed
2 eggs, lightly beaten
1/4 cup (50ml) applesauce
1 cup (250ml) plain yogurt
1 tsp (5ml) vanilla
1 cup (250ml) water soaked golden raisins or cranberries

Directions

Preheat oven to 350F (180C). Grease two 9x5" loaf pans.

In medium bowl, combine flours, baking powder, baking soda, cinnamon and salt. In a large bowl, combine brown sugar, bananas, eggs, applesauce, yogurt and vanilla.

Add flour mixture to wet mixture, fold in raisins. Pour batter into loaf pans and bake for 50-55 minutes. Cake tester should come out clean when testing for doneness. Cool for 15 minutes and then turn out of pans.

Source: www.foodthought.com

www.carhahockey.ca/fitforhockey

