

# HG's Top Banana Bread!



## Ingredients:

1 1/4 cups whole-wheat flour  
1/4 cup all-purpose flour  
3/4 cup Splenda No Calorie Sweetener (granulated)  
1 1/2 cups mashed ripe bananas (about 3 bananas)  
1/2 cup fat-free liquid egg substitute (like Egg Beaters)  
1/2 cup no-sugar-added applesauce  
2 tsp. baking powder  
1 tsp. vanilla extract  
1/2 tsp. cinnamon  
1/2 tsp. salt  
Optional Toppings: no-calorie spray butter, Cool Whip Free

## Directions:

Preheat oven to 350 degrees. In a large bowl, combine both types of flour, Splenda, baking powder, salt, and cinnamon (in other words, all dry ingredients). In a separate bowl, mix together the mashed bananas, egg substitute, applesauce, and vanilla extract (all the wet ingredients). Add this mixture to the bowl with the dry ingredients, and stir until just blended. Spoon batter into a large loaf pan (about 9" X 5") sprayed with nonstick spray. Bake for about 50 minutes, or until a knife inserted in the middle comes out clean. Allow to cool slightly, and then cut into 8 slices. If you like, spritz with some spray butter or spread on some Cool Whip Free. MAKES 8 SERVINGS

Serving Size: 1 (thick!) slice

Calories: 140

Fat: 0.5g

Sodium: 267mg

Carbs: 31g

Fiber: 3.75g

Sugars: 7g

Protein: 5g