

Dinner Tonight!

Banana Raisin Bread

1½ cups ripe bananas, mashed	4 egg whites
¼ cup low-fat buttermilk	½ cup sugar
1½ cups 100% whole wheat flour	1 teaspoon baking soda
2 teaspoons baking powder	½ teaspoon salt
½ cup raisins	non-stick cooking spray
2 Tablespoons canola oil	

Pre-heat oven to 350° F. Lightly spray an 8X4 inch loaf pan with non-stick cooking spray. In a medium bowl combine bananas, oil, buttermilk, and egg whites; mix well and set aside. In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Make a well in the center of the dry ingredients. Add banana mixture and raisins to dry ingredients and mix well. Bake for 45 to 50 minutes or until a toothpick inserted in the center of the cooked loaf comes out clean.

Preparation Time: 20 minutes
Cook Time: 45-50 minutes
Serves: 16 portions

Nutrition facts per serving:
Calories: 125
Total Fat: 3 g
Cholesterol: 0 mg
Sodium: 219 mg
Total Carbohydrate: 23 g
Protein: 4 g