



Banana Bread

12 servings

Grains are an important source of many nutrients, including complex carbohydrates, dietary fiber, B vitamins and minerals such as iron, magnesium and selenium.

3 ripe bananas, gently rubbed under cold running water

- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt



- 1. Wash hands with soap and water.
- 2. Preheat oven to 325 degrees F. Spray a 9x5-inch loaf pan with non-stick cooking spray. Set aside.
- 3. In a medium mixing bowl, mash the bananas. Crack egg separately into a small bowl then pour into bowl with bananas. Wash hands with warm water and soap after cracking raw egg.
- 4. Beat in the sugar and vanilla until mixed well.
- 5. In a large mixing bowl, combine flour, baking powder, baking soda, and salt.
- 6. Add the liquid ingredients to the flour mixture stirring just until the dry ingredients are moistened. Pour batter into prepared pan.
- 7. Bake for 50 to 60 minutes or until a knife inserted near the center comes out clean.

Nutrition Information per Serving: (1/12 of recipe) Calories 180, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 20mg, Sodium 350mg, Total Carbohydrate 40g, Dietary Fiber 2g, Sugars 22g, Protein 3g, Vitamin A 0%, Vitamin C 4%, Calcium 2%, Iron 6%.

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