

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%.