

Whole Wheat Banana Bread

Written by Janet

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Ingredients:

- 1½ cup mashed ripe bananas
- 1 teaspoon baking soda
- 1 large egg
- 1 teaspoon vanilla extract
- ½ cup low-fat yogurt
- ¼ cup corn oil
- ¾ cup light brown sugar
- ½ cup cornstarch
- 1 ¼ cup whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup walnuts

Preparation:

Preheat oven to 350°. In large bowl, mix the mashed bananas with the baking soda and yogurt. In a medium bowl, whisk together the oil, sugar, egg and vanilla. In another medium bowl, mix together the flour, cornstarch, baking power, cinnamon and salt. Add the banana mixture to the egg mixture and then add the flour mixture. Stir just until all the ingredients are moistened. Pour into a loaf pan with cooking spray and sprinkle the walnuts. Bake for about 50 minutes.

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