

Banana Nut Bread

*Makes one loaf,
about 1/2-inch slice per serving*

Ingredients

- 1 cup mashed ripe bananas
- 1/3 cup low-fat buttermilk
- 1/2 cup packed brown sugar
- 1/4 cup margarine
- 1 egg
- 2 cups sifted all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup chopped pecans

Directions

1. Preheat oven to 350° F. Lightly grease 9 x 5 inch loaf pan.
2. Stir together mashed bananas and buttermilk; set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture; beat well.
4. Sift together flour, baking powder, baking soda and salt. Add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts and pour into prepared loaf pan.
6. Bake for 50–55 minutes or until toothpick inserted in the center of the loaf comes out clean. Cool for 5 minutes in the pan.
7. Remove from the pan and complete cooling on a wire rack before slicing.

Nutrition Content Per Serving:

Calories: 133
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 12 mg
Sodium: 138 mg

