BANANA BREAD

SERVES 16-20

INGREDIENTS

6 tablespoons margarine or butter
1 cup brown sugar
2 teaspoons vanilla
3 eggs
1 1/2 cups ripe bananas (about 2), mashed
1 1/2 cups non-fat vanilla yogurt
2 cups all purpose flour
1 cup whole wheat flour
1 1/2 teaspoons baking powder
1 1/4 teaspoons salt
1 1/2 teaspoons baking soda

DIRECTIONS

1. Preheat oven to 350 degrees F. Lightly oil pans or use cupcake papers.
2. Cream butter and sugar until light and fluffy. Add vanilla.
3. Add eggs one at a time, bananas, and yogurt.
4. In a separate bowl combine all the dry ingredients. Fold into the wet mixture. Mix until all the dry ingredients are incorporated (do not over mix).
5. Bake until done, about 18 minutes for muffins, 35 minutes for 8-inch cake, and 50 minutes for large loaf pan.

NUTRITION INFORMATION:

Calories: 562
Fat: 21.8 grams
Saturated Fat: 7.3 grams
Trans Fat: 0 grams
Cholesterol: 24 milligrams
Carbohydrates: 76.2 grams
Dietary Fiber: 18.9 grams
Protein: 19.8 grams
Sodium: 660 milligrams
Vitamin A: 7%
Calcium: 10%
Vitamin C: 5%
Iron: 25%

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