

Banana Almond Bread

1 1/4 cup + 1 Tablespoon all-purpose flour	1 cup packed brown sugar
1 1/4 cup whole wheat flour	1 egg
1 Tablespoon baking powder	3 Tablespoons canola oil
1/2 teaspoon salt	3/4 cup fat-free or 1% milk
1/2 cup chopped or slivered almonds	1 teaspoon vanilla extract
3 very ripe bananas, peeled and mashed	vegetable cooking spray

Take out a large loaf pan (8 x 5 or 9 x 5) and coat with vegetable cooking spray. Dust pan with 1 tablespoon all-purpose flour, tapping out excess flour. Preheat oven to 350°F. Combine both flours, baking powder, salt and almonds in large mixing bowl. Set aside. Combine mashed bananas, brown sugar, egg, oil, milk and vanilla in medium mixing bowl. Mix well with electric mixer until lumps are gone. Pour banana mixture into flour mixture, stirring with a wire whisk until all ingredients are moist. Pour batter into loaf pan. Bake until bread is brown and center is cracked and tests done, 55 to 60 minutes. Remove from oven and let pan cool on rack for 10 minutes; turn bread out of pan.

Cool slightly and slice and serve.

Cornbread (serve with Mexican Style Veggies)

2 cups self-rising cornmeal mix	1 egg
2 cups lowfat buttermilk	1/4 cup canola oil

Preheat oven to 425°F. Pour oil in a 9-inch or 10-inch iron skillet (or use a 9-inch or 10-inch pie plate). Tilt skillet to coat bottom and place in heated oven. Meanwhile, combine cornmeal, egg and buttermilk in medium mixing bowl. Remove heated skillet from oven and pour hot oil into batter. Stir to combine. Pour batter into hot skillet and return to oven. Bake until golden brown, about 20 minutes. Remove from oven and let cool a few minutes. Slice into 8 wedges. Serve with Mexican Style Veggies, if desired.

Nutrition Facts (using 1% milk)

Servings per recipe: 12 (1 slice per serving)
239 calories 7 g total fat (< 1 g saturated fat)
40 g carbohydrate 216 mg sodium
6 g protein 82 IU vitamin A (2% Daily Value)
110 mg calcium 1.7 mg iron
3 mg vitamin C

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Gale A. Buchanan, Dean and Director

Released by Marilyn O. Wright, MS, RD, LD, Family Nutrition Program Specialist
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Nutrition Facts

Servings per recipe: 8 (1 wedge)
Amount per serving:
242 calories 9 g total fat (1 g saturated fat)
34 g carbohydrate 632 mg sodium
6 g protein
200 mg calcium 2 mg iron

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