

Joy's Banana Bread

Developed by Joy Bauer, RD, for Everyday Health

I can't think of a single person who doesn't love banana bread. In my version, creamy mashed banana supplies plenty of moisture, so there's no need to add a lot of extra fat. To plan ahead, I peel and wrap overripe bananas and stockpile them in my freezer so I can bake this bread at a moment's notice. Gotta love a dessert with just 100 calories per delicious slice, and as an added bonus, you get a hearty dose of whole grains from whole-wheat flour — and the bananas provide ample potassium.

Ingredients

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- ¼ cup soft tub spread, softened (whipped butter OR trans-fat-free spread)
- ¾ cup packed brown sugar
- 1 whole egg + 1 egg white
- 1 ½ cups mashed, ripe bananas (2 large or 3-4 small bananas)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons skim milk

Note: If you're experiencing a flare-up, use all-purpose flour. Substitute lactose-free milk or soymilk if you are having difficulties digesting lactose.

Preparation

1. Preheat oven to 350°F. Coat 9x5-inch loaf pan with oil spray.
2. In a large bowl, cream together soft tub spread, mashed bananas, eggs, milk, and vanilla extract.
3. In separate bowl, combine flours, sugar, baking soda, salt, cinnamon, and nutmeg.
4. Sprinkle dry ingredients (flour-sugar mixture) over the wet ingredients (banana-egg mixture) and fold together until the ingredients are just combined. Be careful not to overmix — batter will be slightly lumpy.
5. Pour batter into the prepared loaf pan. Tap pan on counter to settle the batter.
6. Bake bread in oven on middle rack for 30 minutes, then loosely cover with tin foil and continue to bake for another 20 minutes, remove tin foil and bake for a final 10 minutes (totaling one hour). Banana Bread is ready when a toothpick inserted in the middle of the loaf comes out clean. Cool completely. Cut into 14 slices.

Serves 14. Serving Size: 1 Slice

Nutrition Information for One Slice (1/14 of loaf)

Calories: 150
Protein: 3 g
Total Fat: 2 g
Saturated Fat: 0.5 g
Cholesterol: 15 mg
Sodium: 165 mg
Carbohydrate: 31 g
Fiber: 2 g

Banana-Chocolate Chip Muffins

Preparation

Follow the same recipe and add $\frac{1}{2}$ cup semi-sweet/dark chocolate chips into batter and mix throughout. Spoon batter into a standard muffin tin that has been liberally coated with oil spray (makes 12 muffins). Bake at 325°F for 30 minutes.

Serves 14. Serving Size: 1 Slice

Nutrition Information (1 plain banana muffin without chocolate chips)

Calories: 175
Protein: 4 g
Total Fat: 2 g
Saturated Fat: 0.5 g
Cholesterol: 15 mg
Sodium: 195 mg
Carbs: 36 g
Fiber: 2 g

Nutrition Information (1 muffin with chocolate chips)

Calories: 220
Protein: 4 g
Total Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 15 mg
Sodium: 195 mg
Carbs: 42 g
Fiber: 3 g