

STAN'S BANANA BREAD - A HOLIDAY TREAT

Ingredients

- 1/3 cup Canola Oil
- 1/2 cup unsweetened applesauce
- 1 cup Splenda blend for baking (or 1/2 cup sugar and 1/2 cup granulated Splenda)
- 1 c. egg substitute or 8 egg whites
- 1/4 tsp. salt
- 2 tsp. baking soda
- 2 cups flour
- 2 cups whole wheat flour
- 6-7 large bananas, very ripe and mashed
- 1/2 cup chopped nuts (walnuts or pecans)

Directions

1. Mix oil, applesauce and egg substitute.
2. Sift together the dry ingredients. Add in the oil mixture.
3. Stir in bananas and chopped nuts.
4. Pour batter into 2 well greased loaf pans. Bake at 325-degrees for about 1 hour and 15 min or until a toothpick inserted in the center comes out clean.
5. Cool breads completely before slicing. Slice each loaf into 15 servings.

Yields: 30 servings

Calories: 130

Fat: 4 g

Protein: 3 g

Carb: 22 g (2 g fiber, 8 g sugar)

RECIPES



For eating well
after bariatric
surgery

Banana Nut Bread is a yummy holiday treat but can be high in fat and calories. This recipe reduces calories by replacing the butter with a mix of canola oil and applesauce, decreasing the amount of nuts used and replacing some of the sugar with Splenda. using a mix of white and wheat flour adds some fiber.

Reduced fat baked goods can have a dense texture. To lighten the texture in this recipe, try beating the egg whites separately, then folding them into the batter.



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