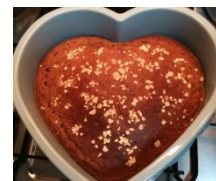


## Whole-Grain Banana Loaf

PREP TIME: 10 minutes

SERVINGS: 12



### Ingredients

- 1½ cups (180g) whole meal flour
- 1½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon of salt
- ½ teaspoon cinnamon powder (optional)
- ⅓ cup sugar
- 1 large egg, beaten
- 3 small bananas (240g) – well- ripe and mashed
- ½ cup unsweetened applesauce (or 2 tablespoons oil if no applesauce)
- ⅓ cup low fat milk or soy milk (reduced sugar)
- ¼ cup raisins (optional)
- ½ cup chopped walnuts (optional)
- ¾ teaspoon pure vanilla extract (optional)

### Preparation

1. **PREHEAT** the oven to 180°C. Coat a 9"x 5"x 3" loaf pan with cooking spray.
2. In a bowl, combine the flour, baking powder, baking soda, salt and cinnamon powder. Stir with a fork to mix.
3. **COMBINE** the sugar, eggs in another bowl. Stir to mix.
4. Add the bananas, applesauce, milk, and vanilla extract to the **egg mixture**. Stir to mix.
5. Add the flour mixture. Stir just until all the flour mixture is absorbed.
6. Optional – add in raisins or nuts, stir to mix.
7. Pour the batter into the prepared pan.
8. **BAKE** for about 45 minutes, or until a toothpick inserted in the center of the loaf comes out clean.
9. Transfer to a rack to cool for 10 minutes. Remove from the pan and cool completely.

### Dietitian's Tip:

For a lighter texture, replace half the whole wheat flour with plain flour.

### Nutritional Value (For basic mixture without raisins and nuts per slice 62g):

Energy:	99kcal
Carbohydrate:	21g
Protein:	3g
Fat:	0.8g
Saturated Fat:	0.2g
Cholesterol:	16mg
Dietary fibre:	0.7g
Sodium:	190mg



National Healthcare Group  
**POLYCLINICS**