



# RECIPES

## BETTER FOR YOU BANANA BREAD

16 SLICES IN A LOAF

15g carbs, 134 cal

2 ¼ cup whole-wheat flour

¾ teaspoon baking soda

¼ teaspoon salt

3 bananas, ripe, mashed

¼ cup plain yogurt

¼ cup honey

2 eggs

⅓ cup canola oil

1 teaspoon pure vanilla extract

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*Preheat oven to 350° F and grease pan.*

*Whisk together the flour, baking soda, and salt.*

*In a separate bowl mix mashed bananas with yogurt, honey, eggs, oil, and vanilla.*

*Fold the banana mixture into the flour mixture until blended. (Do not overmix).*

*Pour batter into prepared pan.*

*Bake large loaf for 40 – 50 minutes or until it comes clean with a toothpick.*