

Banana Nut Bread

Bananas and low-fat buttermilk reduce the fat in this old favorite while keeping all the moistness.

Recipe details

Yield: 2 loaves

Serving size: ½-inch slice

Ingredients

- 1 cup ripe bananas, mashed
- ⅓ cup low-fat buttermilk
- ½ cup brown sugar, packed
- ¼ cup margarine
- 1 egg
- 2 cups all-purpose flour, sifted
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup pecans, chopped

Instructions

1. Preheat oven to 350 °F. Lightly oil two 9- by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk. Set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well.
4. Sift together flour, baking powder, baking soda and salt. Add all at once to the liquid ingredients. Stir until well blended.
5. Stir in nuts. Turn into prepared pans.
6. Bake for 50 to 55 minutes or until a toothpick inserted in the center comes out clean. Cool in pans for 5 minutes.
7. Remove from pans and complete cooling on a wire rack before slicing.

Each serving provides

Calories: 133

Total fat: 5 grams

Saturated fat: 1 gram

Cholesterol: 12 milligrams

Sodium: 138 milligrams

Total fiber: 1 gram

Protein: 2 grams

Carbohydrates: 20 grams

Potassium: 114 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services

