

Banana Bread

Add peanut butter and milk for a well-balanced meal and energy for a long run!

Ingredients:

- 3 large bananas, the riper the better
- 1 egg or 2 egg whites
- 2 tablespoons canola oil
- 1/3 cup sugar
- 1/4 cup milk
- 1 teaspoon salt, as desired
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour, preferably half white, half whole-wheat

Directions:

- Preheat oven to 350°F.
- Spray a 9x5-inch loaf pan with cooking spray.
- In a large bowl, mash the bananas with a fork.
- Add the egg, oil, sugar, milk, and salt. Beat well, then add the baking soda and baking powder.
- Gently blend the flour into the banana mixture. Stir for 20 seconds or until just moistened.
- Pour the batter into the prepared pan.
- Bake for 45 minutes or until a toothpick inserted near the middle comes out clean.

Nutrition Facts

Serving Size 1 slice (68g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 25
%	
Total Fat 3g 5%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 15mg 5%	
Sodium 330mg 14%	
Total Carbohydrate 26g 9%	
Dietary Fiber 1g 4%	
Sugars 10g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	