

More Nutritious Still Delicious

This recipe is the corrected version of the recipe on page 147.

Banana Nut-Raisin Bread

MAKES 1 LOAF (18 SLICES)

1 cup all purpose flour
¾ cup whole wheat pastry flour
½ cup granulated sugar
1 tablespoon baking powder
¼ teaspoon salt
2 eggs
⅓ cup canola oil
½ cup raisins
2 tablespoons orange juice
¾ cup low fat vanilla yogurt
2-3 medium bananas, mashed
(about 1 cup)
⅓ cup chopped walnuts

Using whole wheat flour in place of some of the all purpose flour gives this bread a whole grain nutrition boost. The heart-healthy fat in this recipe comes from the canola oil and walnuts.

1. Preheat oven to 350°F. Spray a 9x5-inch loaf pan with no-stick spray; set aside.
2. In a medium bowl, stir together the all purpose flour, whole wheat flour, sugar, baking powder, and salt. Make a well in the center of mixture.
3. In another medium bowl, whisk eggs. Stir in canola oil, raisins, orange juice, and yogurt. Then stir in bananas until well combine.
4. Add banana mixture to the flour mixture; stir just until moistened. Fold in walnuts.
5. Pour batter into the prepared pan. Bake for 45 to 55 minutes or until a toothpick inserted in the center comes out clean. Cool bread in the pan for 10 minutes. Remove bread and cool completely on a wire rack before slicing.

Nutrition information per serving (1 slice):

159 calories | 3 gm protein | 23 gm carbohydrate
2 gm dietary fiber | 6 gm fat | <1gm saturated fat
24 mg cholesterol | 140 mg sodium