

Better Banana Bread

Ingredients

- 2 cups flour
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup brown sugar
- 3 tablespoons canola oil
- 2 large eggs
- 1- $\frac{1}{2}$ cups mashed ripe banana (about 3 bananas)
- $\frac{1}{3}$ cup vanilla low fat yogurt
- $\frac{3}{4}$ tsp vanilla extract
- Cooking spray

Directions

Preheat oven to 350°

Sift together the flour, baking soda, and salt. In another bowl, beat the sugars and oil with a mixer until well blended. Add the eggs, one at a time, and beat after each one. Add the mashed bananas, yogurt and vanilla and blend. Add the flour mixture all at once to the liquid ingredients. Stir just until moist. Spoon the batter into an 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ loaf pan coated with cooking spray. Bake for 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes in the pan. Remove from pan and complete cooling before slicing.

Yield: One loaf, 14 slices

One serving provides 175 calories, 4 grams total fat (1 gram saturated fat), 31 milligrams cholesterol, 204 milligrams sodium, 31 grams total carbohydrate, 1 gram fiber, and 3 grams protein.