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BANANA BREAD

2 very ripe, medium to large bananas	1/3 cup oil
1/4 teaspoon powdered stevia extract	1 large egg
1/2 teaspoon stevia concentrate	1/2 cup plain nonfat yogurt or buttermilk
1 tablespoon lemon juice	1 teaspoon vanilla extract
2 cups whole wheat pastry flour	1/2 cup chopped walnuts (optional)
1/2 teaspoon baking soda	
1 teaspoon baking powder	
1/4 teaspoon salt	

- Preheat the oven to 350°F. Oil a medium-sized loaf pan (7½ x 3½ x 2½ inches).
- Mash the bananas in a small bowl. Mix the stevia extract, stevia concentrate, and lemon juice into the mashed bananas. Set aside.
- Sift the flour, leavenings, and salt together in a bowl.
- Beat the oil and egg together in a mixing bowl until creamy. Beat in the yogurt or buttermilk and the vanilla. Stir the mashed bananas into the liquid mixture.
- Fold the dry ingredients into the wet ingredients, stirring as little as possible. Mix in the walnuts just before the flour is completely blended.
- Place into the loaf pan. Bake for 50 minutes to 1 hour until a toothpick or fork stuck in the middle comes out clean. Turn out the loaf and cool on a rack.

NOTE: *For maximum flavor, use very ripe bananas (brown-spotted).*



Yield:
12 servings

Per serving:
Calories 162
Total Fat 7 g
Sat. Fat 1 g
Protein 5 g
Carb. 20 g
Fiber 3 g
Sodium 141 mg