

LOW FAT BANANA BREAD

I n g r e d i e n t s

- * 1 1/2 cups all-purpose flour
- * 3/4 cup white sugar
- * 1 1/4 teaspoons baking powder
- * 1/2 teaspoon baking soda
- * 1/2 teaspoon ground cinnamon
- * 2 egg whites
- * 1 cup banana, mashed
- * 1/4 cup applesauce



D i r e c t i o n s

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
2. In a large bowl, stir together flour, sugar, baking powder, baking soda and cinnamon. Add egg whites, bananas and applesauce; stir just until combined. Pour batter into prepared pan.
3. Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of loaf comes out clean. Turn out onto wire rack and allow to cool before slicing.

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