



B-Healthy Low Fat Banana Nut Bread Recipe

Servings: 0

Prep time 10 mins Cook time 1 hour Total time 1 hour 10 mins

Ingredients

Ingredients

- 4 large ripe bananas, well mashed (1-3/4 cups)
- 2 eggs, well beaten
- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 3/4 cup sugar
- 1 teaspoon salt
- 1-1/2 teaspoons baking powder
- 1/2 cup coarsely chopped walnuts

Directions

Instructions

Preheat your oven to 350 degrees and grease a 9×5-inch loaf pan.

In a large mixing bowl, mix the bananas and eggs together until they are well combined.

In a separate bowl, stir together the flour, whole wheat pastry flour, sugar, salt and baking powder until well combined.

Stir the flour mixture into the banana mixture, just until blended and then stir in the walnuts.

Put the batter into the prepared baking pan and spread it out evenly.

Bake for 1 hour or until a toothpick inserted into the center comes out clean or with just a few moist crumbs.

Remove from the oven and let cool for about 5 minutes. After 5 minutes, remove the loaf from the pan and let it cool completely on a wire rack.

Notes

Nutritional estimates per serving (1 slice): 152 calories, 3 g fat, 28.7 g carbs, 1.5 g fiber, 13 g sugar, 3.6 g protein, 4 Weight Watchers Points Plus Values My loaf took about 1 hour and 5 minutes to be done. It was still a little underdone at 1 hour. This low fat banana bread is great warm or cooled, however you like it best.

Printed from **Key Ingredient**

Direct recipe link: <https://www.keyingredient.com/recipes/553022078/b-healthy-low-fat-banana-nut-bread-recipe/>