



## PRH Famous Banana Bread

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### Directions:

1. Preheat oven to 325 F.
2. Combine bananas, oil, yogurt, eggs, sugar and Splenda in a large mixing bowl. Add flours, salt, baking soda and vanilla. Stir just until combined.
3. Spray a loaf pan with cooking spray. Pour banana mixture inside loaf pan and bake for about 20-30 minutes.
4. Use toothpick method to check and see if it's cooked in the middle. Cool on rack; once cooled remove from pan.
5. Cut into 1/2 slices; makes approximately 16 servings.

*Nutrition Facts: 200 cal, 10 g fat, 26 g carb, 3 g pro, 220 mg Na+, 1.5 g fiber*

### Ingredients:

3 ripe bananas, mashed  
2/3 cup canola oil  
1/3 cup fat free plain Greek yogurt 2 eggs  
3/4 cup sugar  
1 Tablespoon + 1/2 teaspoon Splenda  
1 cup white whole wheat flour  
1 cup all-purpose flour  
3/4 teaspoon salt  
1 1/4 teaspoon baking soda  
1 teaspoon vanilla

**Yield:** 16 servings

**Time:** 40 minutes

This recipe, developed by Chef Melissa Osterhoff, replaces half the flour with whole wheat flour to increase the fiber content. Some of the sugar is replaced with Splenda in this recipe; however, you may substitute for all Splenda.