



## Top Banana Bread



1/8th of loaf: 140 calories, 0.5g total fat (0g sat. fat), 267mg sodium, 31g carbs, 3.75g fiber, 7g sugars, 5g protein

**Prep:** 10 minutes    **Cook:** 50 minutes

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### Ingredients

1 1/4 cups whole-wheat flour  
1/4 cup all-purpose flour  
3/4 cup Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below  
2 tsp. baking powder  
1/2 tsp. cinnamon  
1/2 tsp. salt  
1 1/2 cups mashed extra-ripe bananas  
1/2 cup fat-free liquid egg substitute  
1/2 cup no-sugar-added applesauce  
1 tsp. vanilla extract

### Directions

Preheat oven to 350 degrees. Spray a loaf pan with nonstick spray.

In a large bowl, mix both types of flour, Splenda, baking powder, cinnamon, and salt.

In another large bowl, thoroughly mix bananas, egg substitute, applesauce, and vanilla extract. Add to the flour mixture and stir until just blended.

Transfer batter to the loaf pan and smooth out the surface. Bake until a toothpick inserted into the center comes out clean, about 50 minutes. Slice and chew!

MAKES 8 SERVINGS

**HG Natural Alternative:** If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

**Another HG Natural Alternative:** Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 203 calories, 48g carbs, and 26g sugars.

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