



Banana Raspberry Bread

Ingredients

Vegetable-oil cooking spray 4 large ripe or overripe bananas,
2 cups all-purpose flour mashed
3/4 cup sugar 1/4 cup skim milk
2 tsp baking powder 1 large egg
1/2 tsp baking soda 1 tsp pure vanilla extract
1/2 tsp salt 1 cup fresh or frozen raspberries

Nutrition Facts (per serving)

Calories	254
Fat (g)	1
Saturated Fat (g)	0.3
Cholesterol (mg)	
Sodium (mg)	
Carbohydrate (g)	57
Fiber (g)	7
Protein (g)	4
Calcium (mg)	

Preparation

Heat oven to 350°F. Coat an 8" loaf pan with cooking spray. In a bowl, combine flour, sugar, baking powder, baking soda, and salt; whisk to blend. Make a well in center; set aside. In a bowl, combine bananas, milk, egg, and vanilla; fold in raspberries. Pour batter into center of dry ingredients; fold together until combined. Do not overmix. Pour batter into pan; bake 1 hour or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan; cool completely. Slice before wrapping individually.

Serves 8

