



PB & Banana Bread

Servings 12 | Prep time 10 mins. | Total time 1 hour 5 mins.

Equipment: Loaf Pan, Large Bowl, Medium Bowl, Measuring Cups and Spoons

Utensils: Fork or Whisk, Toothpick

Ingredients

Non-stick spray

2 eggs

3 large ripe bananas

1 ½ cups low-fat milk

1/3 cup apple sauce

1 cup peanut butter

1 ¾ cups all-purpose flour

1 tablespoon baking powder

½ teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Preheat oven to 350 degrees. Lightly grease or spray a loaf pan with non-stick spray.
3. In a large bowl, beat eggs. Add bananas to bowl and mash. Add milk, apple sauce, and peanut butter. Mix well.
4. In a separate bowl, combine flour, baking powder, and salt. Mix thoroughly.
5. Add dry ingredients to wet ingredients. Mix only enough to moisten all ingredients.
6. Pour into loaf pan (pan will be half-full). Bake for 55 minutes to 1 hour. Bread is fully baked when toothpick inserted in the center comes out clean.

Nutritional Information:

Calories 260 Total Fat 12g Sodium 340mg Total Carbs 30g Protein 9g