

Banana Bread

Ingredients:

4-5 very ripe bananas, mashed

3/4 cup granulated sugar

3/4 cup sugar free spiced unsweetened applesauce

2 eggs

1 cup whole wheat flour

1 cup all-purpose white flour

2 teaspoons baking soda

1/2 teaspoon salt

1 teaspoon allspice

1 teaspoon cinnamon

2/3 cup chopped walnuts (optional)

1/3 cup semi-sweet chocolate chips (optional)



Preparation: 1. Preheat the oven to 350 degrees F. 2. Spray a bundt pan with cooking spray, set aside. 3. In a medium bowl, mix the dry ingredients, whisking to combine. Add the chocolate chips and nuts if using. 4. Beat the eggs with the sugar together at medium-high speed until creamy. 5. Beat in the applesauce and bananas. 6. Fold in the dry ingredients. 7. Pour into the prepared pan and place it in the oven. Once the oven door is closed, reduce the heat so it's between 325-350 degrees F. 8. Bake for about 35-40 minutes (the cake is done as soon as a tester comes out clean). 9. Cool on a wire rack for about 5 minutes. 10. Invert on the rack, remove the pan, cool and store in an airtight container.

Servings: 16 Nutritional information for one serving: 2 points, 5 pointsplus