



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Banana Bread

Ingredients

1 ½ cups flour
½ cup sugar
1 tsp baking powder
1 tsp baking soda
½ tsp cinnamon
¼ tsp nutmeg
2 tbs butter, melted
4 overripe, medium bananas, mashed
1 cup chopped walnuts
Cooking spray

Directions

1. Preheat oven to 350°.
2. Mix first six ingredients together.
3. Add mashed bananas and butter and stir until moist.
4. Stir in walnuts, leaving about 1/8 cup to top bread.
5. Coat a loaf pan with cooking spray, and pour in dough.
6. Top with remaining walnuts.
7. Bake for 60 minutes, or until a wooden pick inserted in middle comes out clean.

Nutrition Information Makes 16 servings

Per serving:

Calories: 150
Fat: 6g
Carbohydrate: 23g
Protein 3g
Fiber: 2g
Sodium: 40mg



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Eat Smart