

## Banana Bread

3 large well-ripened bananas  
1 egg or 2 egg whites  
2 tablespoons oil, preferably canola  
1/3 cup milk  
1/3 to 1/2 cup sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1-1/2 cups flour, preferably half whole-wheat and half white

1. Preheat the oven to 350°F.
2. Mash bananas with a fork.
3. Add egg, oil, milk, sugar, salt, baking soda, and baking powder. Beat well.
4. Gently blend the flour into the banana mixture and stir for 20 seconds or until moistened.
5. Pour into a 4" x 8" loaf pan that has been lightly oiled, treated with cooking spray, or lined with wax paper.
6. Bake for 45 minutes, or until a toothpick inserted near the middle comes out clean.
7. Let cool for 5 minutes before removing from the pan.

**Yield: 12 slices.**

*Per slice: 135 calories, 3 gm fat, 3 gm protein, 24 gm carbohydrate. Total calories 1,600.*

Source: *Nancy Clark's Sports Nutrition Guidebook, Third Edition*

Comments: This is my favorite banana bread recipe. It is tasty and moist. I like it particularly because it uses significantly less oil than other banana bread recipes I've used. Since bananas on our boat trips seem to age quickly, I make this a lot. I use 1/2 cup brown sugar (instead of granulated), a mix of flours (3/4 cup whole-wheat and 3/4 cup white), and add 1/2 to 1 cup of chopped walnuts. In our boat's propane oven, this takes about 10-15 minutes longer to cook than the suggested 45 minutes.

Comments from the original cookbook: *This is the all-time favorite banana bread recipe. Its key to success is using well-ripened bananas that are covered with brown speckles. Banana bread is a favorite for carbohydrate loading and for snacking during long-distance bike rides and hikes. Add some peanut butter and you'll have a delicious sandwich that'll keep you energized for a long time!*