

Nancy Clark's Banana Bread

I found this in the first edition of Nancy Clark's Sport Nutrition Guidebook years ago, and was glad she kept it in the editions that followed! As a dietitian and foremost authority in sports nutrition, she calls this a favorite for marathoners. You don't need to be an athlete to recognize this as a delicious, nutritious and healthy recipe! Keep printing it, Nancy - this is a recipe I never want to lose!

Ingredients:

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



Directions:

1. Preheat oven to 350 degrees.
2. Mash bananas with fork. (Bev uses a potato masher.)
3. Add, 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 waxed 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 pan.

** I like to put it in 3 little mini-pans because I like to add walnuts as a variation (that's my personal pan.) However, if you use mini-pans, cut the baking time by 10 minutes.*

Nutritional information:

- Total calories: 1600 calories
- Calories per slice: 135
- Carbohydrates: 24 g
- Protein: 3 g
- Fat: 3 g

Recipe from Nancy Clark's Sports Nutrition Guidebook (any edition!)