



Nancy Clark's Banana Bread

I found this in the first edition of Nancy Clark's Sports 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
- 1/3 cup milk (any kind)
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 1/2 cups flour, preferably half whole-wheat and half white

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 then I can give people their personal preferences, such as chopped walnuts or raisins. However, if you use mini-pans, cut the baking time by 10 minutes.*

Nutritional information: Total calories: 1600 calories
Calories per slice: 135, Carbohydrates: 24g Protein: 3 g Fat: 3 g

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

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