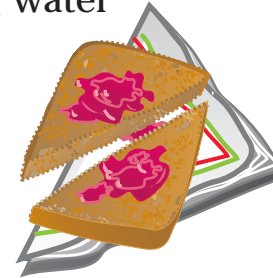


Banana Whole-Wheat Bread

Ingredients:

- 1/3 cup margarine, melted
- 3/4 cup granulated sugar
- 2 eggs, slightly beaten
- 3 bananas, mashed
- 1 cup all-purpose flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1 cup whole-wheat flour
- 1/3 cup boiling water



Preparation:

1. Preheat the oven to 325° F.
2. Beat the margarine, sugar, eggs, and banana until smooth with an electric mixer.
3. Sift together twice all-purpose flour, salt and baking soda.
4. Stir the whole-wheat flour into all-purpose flour mixture.
5. Add the dry ingredients alternately with boiling water to the banana mixture.
6. Pour into a well-greased loaf pan.
7. Bake for one hour or until a toothpick inserted comes out clean.
8. Cool for ten minutes. Remove from pan onto a wire rack to finish cooling.

Makes one loaf (approximately 16 slices)

Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Values*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 25mg	9%
Sodium 260mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Sugars 14g	
Protein 3g	
Vitamin A 4%	Vitamin C 4%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	