



## Banana Nut Bread

As glycemic banana bread recipes go, this is one of my favorites. It's the perfect snack for those early evening cravings and goes great with a cup of tea or a glass of milk. You can spread a slice with a small amount of light, non-hydrogenated margarine, but I find a warm slice of this bread is fantastic on its own.

12 muffins

### Ingredients

- 1 ½ cups whole wheat flour
- ¾ cup ground flaxseed
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt
- 3 very ripe, medium bananas, mashed
- 6 tbsp. SLENDA® brown sugar blend
- ¾ tbsp. lemon juice plus enough skim milk to make ¾ cup (or use ¾ cup buttermilk)
- 4 egg whites
- 1 tsp. vanilla
- ¾ cup chopped walnuts ingredient on hand.

### Preparation

1. Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.
2. Measure 1 tbsp. lemon juice (freshly squeezed is best) into a measuring cup and pour in skim milk for a total of one cup. Do not stir. Allow to sit for 5 minutes. Alternatively, you can simply use 1 cup of buttermilk if you have this.
3. Beat egg whites and sugar. Add bananas and vanilla and beat lightly.
4. Pour wet ingredients into dry ingredients and combine until well mixed.
5. Add walnuts and stir until combined.
6. Bake for 40 minutes.