

Healthier Banana Bread

Ingredients Serves 10



3 ripe bananas
2 eggs
½ cup 2-percent plain Greek yogurt
⅓ cup honey
1 teaspoon vanilla extract
1 teaspoon baking soda
1 ½ cups wheat flour
1 cup blueberries
Zest of one lemon (optional)
Juice of one lemon (optional)

Preparation

1. Heat the oven to 350 F/180 C.
2. In a medium bowl, mash bananas. Mix eggs, yogurt, honey, vanilla extract and baking soda into mixture.
3. Add flour and mix.
4. Add blueberries and gently fold into mixture.
5. Pour the batter into a greased 9-by-5-inch bread pan. Bake for about 50 minutes, or until a toothpick comes out clean from the middle of the bread. (Check often because baking times may vary.)
6. Allow to cool for 15 minutes before serving.
7. Enjoy!

Nutrition Per Serving:

Calories: 137
Protein: 2.8g
Carbs: 30.9g
Dietary Fiber: 3.7g
Fats: 1.6g
Sugars: 8.3g
Sodium: 91.9g

Submitted by: MSU Extension