

# Baked Banana Pumpkin Bread

## Ingredients:

- 2 ripe bananas
- 1/2 cup egg substitute
- 1/3 cup vegetable oil
- 1 1/3 cups canned pumpkin puree (not pie filling)
- 1/2 cup honey
- 1/2 cup white sugar
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 tablespoons pumpkin pie spice
- 1 teaspoon ground cinnamon
- 3/4 cup raisins

## Directions:

Preheat oven to 350°. Grease a 9x5-inch loaf pan. In a large bowl, stir together the mashed banana, eggs, oil, pumpkin, honey, and sugar. Combine the flour, baking powder, baking soda, pie spice, and cinnamon. Stir the dry mixture into the banana mixture until just combined. Fold in the raisins. Pour batter into pan and bake for 45 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before moving it to a wire rack to cool completely.

| <b>Nutrition Facts</b>   |                             |
|--|-----------------------------|
| Serving Size 1 slice (@ 3.5 ounces)<br>(98g)   |                             |
| Servings Per Container 15  |                             |
| Amount Per Serving   |                             |
| <b>Calories 220</b>  | <b>Calories from Fat 45</b> |
| % Daily Value*   |                             |
| <b>Total Fat 5g</b>  | <b>8%</b>                   |
| Saturated Fat 0g   | 0%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                   |
| <b>Sodium 190mg</b>  | <b>8%</b>                   |
| <b>Total Carbohydrate 43g</b>  | <b>14%</b>                  |
| Dietary Fiber 2g   | 8%                          |
| Sugars 20g   |                             |
| Protein 4g   |                             |
| Vitamin A 70%  | Vitamin C 4%                |
| Calcium 2%   | Iron 10%                    |
| *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 300 mg      |
| Sodium   | Less than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08

