

Dorene's Banana Bread

Servings: 24 mini muffins

Ingredients:

- $1\frac{1}{4}$ c. *white flour*
- $\frac{1}{2}$ c. *whole wheat flour*
- 1 tsp. *baking soda*
- $\frac{1}{4}$ tsp. *salt*
- 1 *egg*
- $\frac{1}{2}$ c. *sugar*
- $\frac{1}{4}$ c. *canola oil*
- $1\frac{1}{2}$ c. *mashed bananas*
- 1 tsp. *vanilla extract*

Directions:

1. Preheat oven to 325-degrees.
2. Combine the first four ingredients, mix well.
3. In a separate bowl, combine sugar, oil and egg. Blend at medium speed for 2-minutes. Add vanilla and banana; blend until mixed. There should not be any large chunks of banana left.
4. Prepare the mini-muffin tins by spraying each hole with a shot of baking spray.
5. Gently fold the wet and dry ingredients together just until the dry ingredients are moistened (no dry pockets left). (Don't over-mix. Over-mixing makes the final product tough and full of tunnels.)
6. Bake for about 12-minutes. A toothpick should come out clean when done. Ovens vary, so you may need to adjust the time and temperature to what works for you.

Nutrition: (Serving size: 1 mini-muffin)

calories: 82 *protein:* 1.4g *total carbohydrate:* 13.9g *total fat:* 2.6g
sugars: 6.2g *sodium:* 80mg *dietary fiber:* 0.8g *saturated fat:* 0.3g

NOTE: If you only have regular size cupcake/muffin tins this recipe will make 12 regular size muffins, 164-calories each (and the cooking time will be about 24-minutes).