

# Healthier Banana Bread

**Prep time** 10 mins

**Cook time** 60 mins

**Total time** 1 hour 10 mins

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## Ingredients

- 2 tablespoons light butter
- ½ cup unsweetened applesauce
- ½ cup brown sugar
- 1 teaspoon vanilla
- ¾ teaspoon baking soda
- ½ tsp. salt
- 3 medium bananas; mashed
- 2 tablespoons honey
- 2 eggs
- 2 cups whole wheat flour
- ½ cup dark chocolate chips (optional)



## Instructions

1. Preheat oven to 350 degrees. Spray one loaf pan with cooking spray.
2. In a large bowl, beat the butter, applesauce and sugar until smooth.
3. Add the vanilla, baking soda, salt, and bananas, beating until well combined. The mixture should be fairly smooth, with some remaining banana chunks.
4. Beat in the honey and eggs.
5. Add the flour and stir until smooth. Mix in the chocolate chips if desired.
6. Spoon the batter into the pan, smoothing the top.
7. Bake the bread for 50 minutes, and then gently lay a piece of aluminum foil across the top, to prevent over-browning.
8. Bake for an additional 10 to 15 minutes, then remove the bread from the oven and let it cool about 10 minutes.
9. Remove from pan and let it cool completely (or eat it warm!) on a rack.
10. Enjoy!

Nutrition Information (per serving):

### 12 Servings

**(with chocolate chips)**

190 calories  
4 g fat  
36 g carbohydrate  
4 g protein

### 18 Servings

**(with chocolate chips)**

125 calories  
3 g fat  
24 g carbohydrate  
3 g protein

### 12 Servings

**(no chocolate chips)**

160 calories  
2 g fat  
32 g carbohydrate  
4 g protein

### 18 Servings

**(no chocolate chips)**

105 calories  
1 g fat  
22 g carbohydrate  
3 g protein

Recipe from:

<http://www.happybeinghealthy.com/easyrecipe-print/7100-0/>