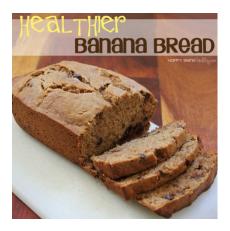
Healthier Banana Bread

Prep time 10 mins Cook time 60 mins Total time 1 hour 10 mins

Author: Melanie @ HappyBeingHealthy.com

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
- 1/3 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		18 Servings	12 Servings	18 Servings	
(with	chocolate chips)	(with chocolate chips)	(no chocolate chips)	(no chocolate chips)	
190 ca	alories	125 calories	160 calories	105 calories	
4 g fat	t	3 g fat	2 g fat	1 g fat	
36 g c	arbohydrate	24 g carbohydrate	32 g carbohydrate	22 g carbohydrate	
4 g pr	otein	3 g protein	4 g protein	3 g protein	