

YOGURT BANANA BREAD

Yogurt in your banana bread? Yes! You will love how the addition of plain yogurt keeps your banana bread moist and light without added oil. You can make this bread simple, with just bananas, or you can punch up the flavor a bit with any number of additions, like cinnamon, walnuts, or chocolate chips. Slather a spoonful of peanut butter on a slice before eating to increase the protein and fiber content even more!

Yield= 1 loaf or 8 slices

Ingredients

1 c mashed **bananas** (about 3 bananas)

1 c **plain yogurt** (not Greek yogurt)

2 large **eggs**

1/2 c **sugar**

4 tablespoons **butter**, melted

1 teaspoon **vanilla extract**

1.5 c **all purpose flour**

1 teaspoon **baking powder**

½ teaspoon **baking soda**

½ teaspoon **salt**

¼ teaspoon **nutmeg**

Optional ingredients: ½ cup chopped nuts (like walnuts), ½ cup chocolate chips, ½-1 teaspoon cinnamon

Instructions

1. Preheat oven to 350°. Spray your loaf pan with non-stick cooking spray or lightly coat with butter.
2. Mash bananas well, then add to a large bowl with yogurt, eggs, sugar, melted butter, and vanilla. Whisk until well combined.
3. In a separate bowl, whisk together flour, baking powder, baking soda, salt, and nutmeg until well combined. Pour the dry ingredients into the bowl with the wet ingredients and stir together until just combined. Be careful not to over-stir. If using nuts or chocolate chips, fold in now.
4. Pour the batter into the prepared loaf pan and bake for 60 minutes or until an inserted toothpick comes out clean. Bread should be browned and cracked open at the top. Let cool in the pan for about 15 minutes, then remove from pan. Serve while warm or store once completely cooled.

Per Slice- Calories 259, Saturated Fat 4.3g, Sodium 260mg, Total Sugars 19g



Recipe featured in Jan 2021 issue of Beyond Hunger's Nutrition Newsletter & was adapted from Budget Bytes