

Healthy Whole-Wheat Banana Bread

A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 1 cup raisins
- 2 large dates, pitted
- 1 cup very hot water
- 1 3/4 cups whole-wheat pastry flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, room temperature
- 1 large egg
- 1 egg yolk
- 1 teaspoon vanilla
- 1/2 teaspoon orange zest
- 1/2 cup milk
- 2 small ripe bananas, chopped



Directions

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Place raisins and dates in a small bowl. Cover with very hot water and allow to soak until very soft, about 20 minutes. Drain water, and place raisins and dates in the bowl of a food processor or blender. Puree until smooth. Set aside.
3. Combine flour, baking powder, cinnamon, and salt in a medium bowl. Set aside.
4. Whip butter in a large bowl with a hand mixer until smooth. Stir in raisin mixture, egg, egg yolk, vanilla, and zest. Stir in half the flour mixture until well incorporated. Stir in half the milk until well incorporated. Stir in the remaining flour mixture. Stir in the remaining milk. Fold in bananas.
5. Transfer to the prepared loaf pan.
6. Bake 1 hour. Loosen edges with a knife and allow to cool on a cooling rack.

Makes 12 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.