

Banana Cranberry Bread

Nutrition Facts:	
Yield	16
Calories	95
Fat	2 g
Sodium	105 mg

Code
\$



Ingredients Needed:

1 cup fresh or frozen cranberries
2 Tbsp. sugar
2 Tbsp. water
Baking spray
1 ¼ cups white whole-wheat flour
¾ tsp. baking soda
¼ tsp. salt
2 Tbsp. butter, softened
½ cup light brown sugar, unpacked
2 large egg whites
3 ripe medium bananas, lightly mashed
1 ½ tsp. vanilla extract
½ Tbsp. sugar in the raw

Recipe Directions:

- Preheat oven to 350 degrees. Lightly spray a loaf pan with baking spray.
- In a small saucepan combine the cranberries, water, and sugar and bring to a boil. Simmer over medium heat until the cranberries burst, about 4 minutes.
- In a medium bowl, combine flour, baking soda, and salt with a wire whisk. Set aside.
- In a large bowl, cream butter and brown sugar with an electric mixer. Add egg whites, bananas, and vanilla. Beat at medium speed until thick and combined, do not over mix.
- Add flour mix and blend at low speed until combined, do not over mix. Fold cranberries in batter and pour in prepared pan. Bake for 60 minutes or until a toothpick comes out clean.



