

# banana bread

2 POINTS PER SERVING | MAKES 24 SERVINGS

*For the best flavor, use the ripest bananas possible. If you have overripe bananas that you are not going to eat, just peel them, pop them into a zip-close plastic bag, and freeze them for making bread or muffins another day.*

**⅔ cup sugar**  
**⅓ cup butter, softened**  
**2 large eggs**  
**2 ripe bananas, mashed**  
**(about 1 cup)**  
**½ cup fat-free buttermilk**  
**¾ teaspoon**  
**vanilla extract**  
**1½ cups all-purpose flour**  
**¾ cup toasted**  
**wheat germ**  
**1 teaspoon**  
**baking powder**  
**½ teaspoon baking soda**  
**½ teaspoon cinnamon**  
**½ teaspoon salt**

1. Preheat the oven to 350°F. Spray a 4 x 8½-inch nonstick loaf pan with nonstick spray.

2. With a wooden spoon, beat the sugar and butter in large bowl until creamy. Add the eggs, bananas, buttermilk, and vanilla; beat until combined. Combine the flour, wheat germ, baking powder, baking soda, cinnamon, and salt in another bowl. Add the flour mixture to the banana mixture; stir just until blended.

3. Scrape the batter into the pan. Bake until a toothpick inserted in the center comes out clean, 45–55 minutes. Cool in the pan on a rack 10 minutes; remove from the pan and cool completely on the rack.

PER SERVING (1 SLICE): 104 CALORIES

4g total fat, 2g saturated fat, 25mg cholesterol, 123mg sodium, 16g total carbohydrate, 1g dietary fiber, 3g protein, 24mg calcium

## COOK'S HINT COOK'S HINT snacking COOK'S HINT COOK'S HINT COOK'S HINT COOK'S HINT

For anytime snacking (with built-in portion control), wrap single servings of banana bread in double layers of plastic wrap, then freeze. When ready to use, simply unwrap and toast. Or defrost frozen slices at room temperature.