

## Easy Banana Bread

Brought to you by Holly Clegg and *Eating Well Through Cancer*

This is short cut banana bread, thanks to the biscuit mix.

Makes 16 slices

- 1 (8-ounce) package reduced-fat cream cheese, softened
- 1 cup sugar
- 3 medium bananas, mashed
- 1 egg, beaten
- 2 egg whites
- 2 cups biscuit baking mix
- 1/2 teaspoon ground cinnamon



1. Preheat oven 350°F. Coat 9x5x3-inch loaf pan with nonstick cooking spray.
2. In mixing bowl, cream together cream cheese and sugar until light. Beat in bananas, egg, and egg whites. Stir in biscuit mix and cinnamon until just blended. Turn into prepared loaf pan.
3. Bake 45 minutes-1 hour, until toothpick inserted in center comes out clean. Cool in pan 15 minutes.

Nutritional information per serving

Calories 168, Protein (g) 3, Carbohydrate (g) 28, Fat (g) 5, Cal. from Fat (%) 26, Saturated Fat (g) 2, Dietary Fiber (g) 1, Cholesterol (mg) 20, Sodium (mg) 267, Diabetic Exchanges: 0.5 starch, 0.5 fruit, 1 other carbohydrate, 0.5 fat

DOC'S NOTES: Bananas are a great source of potassium. They are easily digested by virtually everyone. The high carbohydrate content makes bananas the snack of choice for endurance athletes.