

Blueberry Banana Loaf

1 cup whole-wheat flour	1 large egg or ¼ cup egg substitute
¾ cup all-purpose flour	1¼ cup mashed ripe bananas (about 2 whole bananas)
1 teaspoon baking soda	1 tablespoon fresh lemon juice
½ teaspoon cinnamon	1 cup (about 4 ounces) fresh or thawed frozen blueberries
¼ teaspoon salt	Nonstick pan spray
½ cup quick-cooking rolled oats	
3 tablespoons margarine	
⅓ cup sugar	

1. Preheat the oven to 350 degrees F.
2. Wash your hands with soap and hot water.
3. Assemble all the equipment: 1 loaf pan (8½ by 4½ inches), electric mixer, mixing bowls, mixing spoon, measuring spoons, liquid measuring cup, colander, paring knife, pastry cloth or rack to cool bread, and 1 bread knife.
4. Assemble all the ingredients and measure out all the ingredients.
5. Spray the 8½- by 4½-inch loaf pan with nonstick pan spray.
6. Combine both flours, the baking soda, cinnamon, and salt in a large bowl. Stir in the oats.
7. Cream the margarine and sugar in the large bowl of an electric mixer. Beat in the egg; add the bananas and lemon juice. Stir until blended.
8. Add the dry ingredients and mix just until moistened by hand. Gently fold in the blueberries.
9. Pour the batter into the loaf pan and bake for about 1 hour, until an inserted toothpick comes out clean.
10. Let the bread cool in the pan for 10 minutes; turn it out onto a wire rack to cool completely. Wrap and refrigerate several hours before cutting into 16 slices.

Makes one 8½- by 4½-inch loaf (16 slices)

Menu suggestion: Serve Blueberry Banana Loaf as a dessert with spaghetti with meat sauce, tossed green salad with Italian dressing and seasoned green beans.

Nutrients per serving

Calories: 115; fat: 3 grams; carbohydrate: 21 grams; dietary fiber: 2 grams; protein: 3 grams;
cholesterol: 13 milligrams; sodium: 145 milligrams

Exchanges: 1 starch, ½ fruit

From *The New Family Cookbook for People with Diabetes*, American Diabetes Association, 2003

Points to Remember

1. Do you want to use up ripe bananas? Two to three large bananas is equal to 1 pound, or 1½ cups.
2. Although banana bread is a crowd pleaser, most recipes are loaded with fat. This low-fat version reduces the margarine. Fiber has been added with whole-wheat flour, rolled oats and blueberries for texture and color.
3. Fresh blueberries are available most of the year in Texas. Blueberries can be frozen with or without sugar during plentiful seasons of the year. Wash fresh blueberries and remove any twigs from them. Freeze them in the amounts needed for your favorite recipes.
4. Frozen blueberries are found in the frozen food section. You may also use canned blueberries that have been drained and rinsed.
5. Keep some sugar in this recipe to enhance the bread's texture and color.
6. If a recipe contains less than a teaspoon of sugar in each serving, it is usually permitted.
7. When used in a low-fat meal, rolled oats—soluble fiber—can help lower your blood cholesterol and blood sugar levels.
8. Stir in the flour mixture and blueberries by hand only until it is moistened. Over-mixing will cause tunnels in the bread, and the texture will be tough.
9. Serve Blueberry Banana Loaf as a dessert with spaghetti with meat sauce, tossed green salad with Italian dressing and seasoned green beans.