



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Banana Bread*

- 2 eggs
- ¼ cup water
- ⅓ cup sugar
- ½ teaspoon baking soda
- 1 ¼ cup mashed bananas (about 3)
- 2 ½ cups MASTER MIX

1. Beat eggs, water, and sugar together in a bowl until well blended.
2. Add soda and bananas. Stir in MASTER MIX until all dry ingredients are coated.
3. Pour into greased 9x5x3-inch loaf pan.
4. Bake at 350° F for 40 to 45 minutes or until brown. Makes 1 loaf.

Nutrition Facts

Serving Size: 1 slice (43g)

Servings: 20

Amount Per Serving

Calories 110 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 135mg **6%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **5%**

Sugars 6g

Protein 3g

Vitamin A 0% ■ Vitamin C 2%

Calcium 6% ■ Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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