



Top Banana Bread



1/8th of loaf: 140 calories, 0.5g total fat (0g sat fat), 267mg sodium, 31g carbs, 3.75g fiber, 7g sugars, 5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 50 minutes



Tagged: [Breakfast Recipes](#), [Four or More Servings](#)

Ingredients

1 1/4 cups whole-wheat flour
1/4 cup all-purpose flour
3/4 cup Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below
2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. salt
1 1/2 cups mashed extra-ripe bananas
1/2 cup fat-free liquid egg substitute
1/2 cup no-sugar-added applesauce
1 tsp. vanilla extract

Directions

Preheat oven to 350 degrees. Spray a loaf pan with nonstick spray.

In a large bowl, mix both types of flour, Splenda, baking powder, cinnamon, and salt.

In another large bowl, thoroughly mix bananas, egg substitute, applesauce, and vanilla extract. Add to the flour mixture and stir until just blended.

Transfer batter to the loaf pan and smooth out the surface. Bake until a toothpick inserted into the center comes out clean, about 50 minutes. Slice and chew!

MAKES 8 SERVINGS

HG Natural Alternative: If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

Another HG Natural Alternative: Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 203 calories, 48g carbs, and 26g sugars.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.