



Banana Flax Bread

INGREDIENTS:

1 ½ cup	Flour
1 ½ cup	Ground flax seed
¾ cup	Sugar
1 tsp	Baking powder
½ tsp	Baking soda
½ tsp	Salt
½ cup	Egg substitute, or egg beaters
¼ cup	Apple sauce
2 Tbsp	Vegetable Oil
1 cup	Mashed banana

PREPARATION:

- Preheat oven to 350°.
- Spray one loaf pan with oil.
- Mix *dry* ingredients in one bowl and *wet* ingredients in another bowl.
- Make a well in the dry ingredients and pour the wet ingredients in.
- Mix lightly until just combined.
- Bake 1 hour.

Number of servings:	12 slices
Serving Size:	1 slice
Calories:	160
Fat Grams:	5 grams

