

Easy Banana Bread



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

MAKES 16 SLICES

DIARRHEA

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

Preheat oven to 350 degrees. Coat a 9×5×3-inch loaf pan with nonstick cooking spray. In a mixing bowl, cream together the cream cheese and sugar until light. Beat in the bananas, egg, and egg whites. Stir in the biscuit mix and cinnamon until just blended. Turn into the prepared loaf pan. Bake for 45 minutes to 1 hour, until a toothpick inserted in the center comes out clean. Cool in the 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 carb.,

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.