

Bodaciously Healthy Banana Bread

½ cup Smart Balance Spread

½ cup Splenda

½ cup sugar

2 eggs

1 teaspoon vanilla extract

4 very ripe bananas, mashed

1 cup whole wheat flour

½ cup white whole wheat flour

½ cup unbleached flour

1 teaspoon baking soda

½ teaspoon salt

1/8 cup chia seeds

¼ cup chopped walnuts



Preheat oven to 350 degrees, and grease a loaf pan. In a large bowl, cream together Smart Balance spread and sugar at high speed of mixer. Add eggs, vanilla and mashed bananas, and mix until blended. In another bowl, stir together flours, baking soda and salt; with mixer on low speed, add the flour mixture to the banana mixture, and mix just until all ingredients are blended together (do not overmix). Pour batter into the greased loaf pan, and spread chia seeds and walnuts over the top. Bake for one hour and 20 minutes, or until golden brown, and a toothpick inserted into the middle comes out clean.

****The Smart Balance spread, Splenda, whole wheat flours and chia seeds make this a healthy treat that you can have for breakfast or dessert!!****

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