



STRONG Heart Program Recipe-of-the-Month

Nutty Yam Banana Bread

Recipe from Genesee Valley Penny Saver
Ingredients compliments of Lori's Natural Food Store

Ingredients:

½ cup mashed bananas (about 1 medium)
1 cup fresh, mashed sweet potato or 1 (15 oz.) can sweet potatoes, drained and mashed
¾ cup light brown sugar
¼ cup canola oil
1 teaspoon vanilla extract
1 egg
1 cup whole wheat flour
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon ground cinnamon
½ cup chopped walnuts

Directions:

1. Preheat the oven to 350° F. Coat a 9x5x3 inch loaf pan with nonstick cooking spray. In a large bowl, mix together the mashed bananas, mashed sweet potatoes, brown sugar, oil, vanilla and eggs.
2. In a separate bowl, combine the flour, baking soda, baking powder, and cinnamon. Stir the flour mixture into the banana mixture, mixing only until combined. Stir in the walnuts.
3. Bake for 40-45 minutes, or until toothpick inserted in the center comes out clean.

Servings: 16 **Nutrition Information:** 155 calories, 5g fat, 0g sat. fat, 15mg cholesterol, 50mg sodium, 22g carbohydrate, 2g fiber, 3g protein.