



## STRONG Heart Program Recipe-of-the-Month

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### Whole Wheat Banana Berry Bread

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Recipe by Georgie Fear, Cornell Dietetic Intern  
Ingredients Compliments of Lori's Natural Foods

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*In addition to being delicious and low in fat, this recipe offers many nutrients: omega-3 fat from flaxseed, fiber from whole grain flour, and potassium from the fruit. Berries are also rich in plant compounds that may prevent chronic diseases, such as cancer.*

#### Ingredients:

Cooking spray	4 very ripe bananas, mashed
2 cups whole-wheat pastry flour	¼ cup skim milk
¼ cup ground flaxseed	1 large egg
½ cup sugar	1 tsp vanilla
2 tsp baking powder	1 cup frozen blueberries (or
½ tsp baking soda	mixed berries)

#### Directions:

1. Preheat oven to 350°F. Coat a bread pan with nonstick spray.
2. In a large bowl, combine flour, flaxseed, sugar, baking powder, and baking soda. Mix well.
3. In another bowl, combine mashed bananas, milk, egg, and vanilla. Stir well, and then fold in berries.
4. Pour wet ingredients into dry mixture and fold gently until combined. Do not over mix.
5. Pour into bread pan and bake for 1 hour. Cool in pan for 10 minutes before slicing.

**Servings:** 10 **Serving Size:** 1 slice

**Nutrition Info:** 203 calories, 2 g fat, 0 g sat. fat, 21 mg cholesterol, 166 mg sodium, 43 g carbohydrates, 6 g fiber, 5 g protein.