

Strawberry Banana Bread

INGREDIENTS (Yield: 10 servings)

- Cooking oil spray
- 1 ½ cups white whole-wheat flour
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons canola oil
- ½ cup light brown sugar
- 2 eggs
- 1 cup mashed bananas (about 3 overripe bananas)
- 1 teaspoon vanilla extract
- 1 ½ cups fresh strawberries, sliced
- ½ cup confectioner's sugar
- ½ teaspoon lemon juice
- 1 – 2 tablespoons milk

NUTRITION INFORMATION: 308 Calories; 11 grams Fat; 3.5 grams Saturated Fat; 49 mg Cholesterol; 468 mg Sodium; 31 grams Carbohydrates; 5 grams Fiber; 24 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Lightly spray a 9 x 5-inch loaf pan with vegetable oil cooking spray. In a medium bowl, whisk together flour, baking soda and salt. In a large bowl combine oil, sugar, eggs, bananas, and vanilla, and beat with an electric mixer at medium speed until thick. Add flour mixture and mix at low speed until just combined; do not over-mix.

2. Fold in strawberries and pour batter into prepared loaf pan. Bake for about 50 minutes or until a toothpick inserted in the center comes out clean.

3. To make the glaze, mix confectioner's sugar, lemon juice and milk in a small bowl, adding a teaspoon of milk at a time until it reaches the desired consistency.

4. Remove loaf from oven and poke the top in several places with a toothpick. Pour the glaze over the top. Let the pan cool at least 20 minutes, then remove loaf from pan to cool on a wire rack. Bread should be room temperature before slicing.

5. Cook's note: To use frozen strawberries, thaw them in a colander resting over a saucepan. When strawberries are thawed, bring the liquid in the pan to a boil on the stove top. Reduce the liquid to one-half or one-quarter of what you started with. Add the reduction to the liquid ingredients before adding the flour mixture.