



Banana Pecan Bread

1 loaf, 14 servings (serving size: 1 slice)

Ingredients

- 2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 1/4 cup butter, softened
- 2 large eggs
- 1 1/2 cups mashed ripe banana (about 3 bananas)
- 1/3 cup vanilla fat free yogurt such as Stonyfield
- 1/2 cup chopped pecans
- 1 tablespoon ground flax seed
- pinch nutmeg
- pinch cinnamon
- cooking spray

Preparation

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk.

Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana and yogurt; beat until blended. Add flour mixture, flax seed, cinnamon and nutmeg; beat at low speed just until moist. Stir in pecans. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.