

Low-fat Banana Bread

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Makes 10-12 slices

Ingredients

80ml strong coffee
125g soft brown sugar
1 egg
1 egg white
3 tbsps vegetable oil
1 tsp vanilla essence
3 ripe bananas, mashed (about 300g)
125g plain flour
250g self-raising flour
½ tsp baking powder
1 tsp ground ginger
½ tsp ground nutmeg
1 tsp ground cinnamon
1 tsp bicarbonate of soda

Method

1. Pre-heat the oven to 170°C. Lightly grease a 22cm x 12 cm loaf tin and line the base with baking sheet. Heat the coffee in a small saucepan over low heat, add the soft brown sugar and stir until the sugar has dissolved.
2. Place the egg, egg white, oil and vanilla essence in a bowl and beat together until just combined. Add the sweetened strong coffee and the mashed banana.
3. Sift the plain and self-raising flours, baking powder, ginger, nutmeg, cinnamon and bicarbonate of soda onto the mixture and stir gently to combine – do not overbeat. Spoon the mixture into the prepared loaf tin.
4. Bake for 50 minutes, or until a skewer comes out clean when inserted into the centre. Leave in the tin for 10 minutes before turning out onto a wire rack to cool completely.

Nutrition Information Per Slice

Energy	260 kcal
Protein	7 g
Total fat	6 g
Cholesterol	20.6 mg
Carbohydrate	45 g
*Carbohydrate Exchanges =	~ 3.0 exchange
Dietary fibre	3.5 g
Sodium	197 mg