

Banana Bread



Recipe makes: 8 slices
Prep time: 10 minutes
Bake time: 40–45 minutes

Ingredients

1/2 cup (100 g) brown sugar
3 bananas, ripe, medium-sized,
peeled and mashed
1 1/2 cups (165 g) low protein
all-purpose baking mix
1 tsp baking powder
1 tsp vanilla extract
1/4 cup coconut milk beverage,
original
1 1/2 tsp low protein egg replacer

Directions

- 1 Preheat oven to 350°F.
- 2 Cream brown sugar and bananas together in a medium-sized bowl.
- 3 Add the rest of the ingredients to the banana mixture and combine.
- 4 Pour mixture into a greased 9 x 5 inch loaf pan.
- 5 Bake in preheated oven on the middle shelf for 40–45 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
- 6 Place on a wire rack and allow to fully cool.

Nutrition Info Per Serving (1/8 recipe):

Calories: 190 | Protein: 0.7 g | Phenylalanine: 29 mg

Please check the suitability of this recipe for you with your healthcare professional.

Metabolic Pro database was used for the nutrition analysis.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

VFUSA_BANANABREAD_102020



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