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BANANA CHOCOLATE CHIP BREAD

Stabilization (Week 5) &
Maintenance Lifestyle

Ingredients

1-1/2 cups unbleached or all-purpose flour
1-1/2 TSP baking powder
1/2 TSP baking soda
1/2 TSP Morton's Lite salt
1/2 TSP ground cinnamon
1/2 cup Splenda
2 egg whites or 1/4 cup liquid egg substitute
1/2 cup fat-free vanilla yogurt
2 TBS lite butter, melted
3 large ripe bananas
1/2 cup mini semisweet chocolate morsels

Instructions

1. Preheat the oven to 350°. Coat an 8" X 4" loaf pan with nonstick spray.
2. In a medium bowl, combine flour, baking powder, baking soda, salt and cinnamon.
3. In a large bowl, with an electric mixer, beat Splenda and egg whites or egg substitute until light and fluffy. Blend in yogurt and butter. Mash bananas with a fork and stir into yogurt mixture. Stir in flour mixture. Fold in chocolate chips. Pour into the prepared pan.
4. Bake 50 to 55 minutes, or until a wooden pick inserted in center comes out clean.
5. Remove from the oven. Cool 10 minutes in the pan on a rack. Remove from the pan and cool completely.

Portion-Per-Serving Information: (Yields 1 loaf = 10 slices)

Serving = 1 slice = 1 FR, 1 G, 1 FT