

Banana Bread

Makes 10 thick slices

Ingredients:

1 cup	<i>Country Sunrise Baking Flour*</i>
¼ cup	<i>Country Sunrise Scrambled Egg and Omelet Mix*</i>
¾ cup	Sugar
1 tsp	Baking powder
1½ tsp	Baking soda
½ tsp	Salt
½ tsp	Cinnamon
1/3 cup	Oil
2/3 cup	Water
¾ cup	Mashed banana (about 200 g or two bananas)
	Cooking spray for pan



Preparation:

1. Preheat oven to 350°F.
2. Prepare loaf pan with cooking spray.
3. In medium bowl mix dry ingredients.
4. In a separate bowl mix mashed banana, oil and water.
5. Add banana mixture to dry ingredients and mix with wire whisk until smooth.
6. Pour into prepared loaf pan.
7. Bake about 50 min or until done.

Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe	128
Per Pancake	13

* PKU Perspectives