



# Banana-nut bread

Serves 16, 1 slice per serving

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## Cooking spray

1/3 cup sugar and 1/4 cup sugar, divided use

1/3 cup unsweetened applesauce

1 ¼ cups mashed ripe banana

1 ¼ cups sifted all-purpose flour

2 teaspoons of baking powder

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1/2 cup uncooked oatmeal

1/3 cup chopped walnuts, dry-roasted

3 large white eggs

1. Pre-heat the oven to 350 degrees Fahrenheit. Lightly spray a 9 x 5 x 3-inch loaf pan with cooking spray.
2. In a large bowl, using an electric mixer on medium speed, beat 1/3 cup sugar and the applesauce for 1 minute, or until combined. Add the banana. Beat for 2 minutes, or until blended.
3. In a medium bowl, sift together the flour, baking powder, cinnamon, and nutmeg.
4. Stir in the oatmeal. Add the flour mixture to the banana mixture. Beat until the mixture is just moistened but no flour is visible. Don't overmix; the batter may be slightly lumpy. Gently stir in the walnuts.
5. In a separate medium bowl, beat the egg whites until foamy. Gradually add the remaining ¼ cup of sugar, beating until stiff peaks form (the peaks don't fall when the beaters are lifted). Fold the egg white mixture into the flour mixture. Pour the batter into the loaf pan, gently smoothing the top.
6. Bake for 1 hour, or until a wooden toothpick inserted in the center comes out clean.
7. Transfer the pan to a cooling rack and let stand for 10 minutes. Invert the bread onto the rack. Let cool completely before slicing.