



# Low Fat Banana Bread

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 cup sugar
- 1/2 cup unsweetened applesauce (or 1/2 cup shortening if you like)
- 1 well beaten egg
- 3 bananas (mashed - over-ripe are best)
- 3 Tbsp. milk
- 1 Tsp. Baking Soda
- 1 Tsp. Baking Powder
- pinch of salt
- 2 Cups flour
- 1/2 cup chocolate chips (optional)

## Instructions

1. Preheat oven to 350° F
  2. Cream sugar & applesauce (or shortening)
  3. Add egg and bananas
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4. Add all other ingredients

5. Bake in greased loaf pan for 55 minutes (45 if you use shortening)

I got this recipe from my mom, but I've since replaced shortening for Applesauce and added the chocolate chips.