

Garden Pan Bread

Makes: 4 Servings

The bananas make this bread moist and add extra flavor. Serve with a salad or main dish, or eat anytime.

Ingredients

1/2 cup cornmeal
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
2 ripe bananas
1/2 cup water
1 tablespoon egg mix
1/4 cup raisins
1/4 cup walnuts, chopped
non-stick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-sized bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18-20 minutes or until bread is golden brown



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	268	
Total Fat	6.5 g	
Protein	7 g	
Carbohydrates	48 g	
Dietary Fiber	4 g	
Saturated Fat	0.8 g	
Sodium	261 mg	

and pulls away from the edges. A wooden toothpick or clean fork inserted into the center of the bread should come out clean.

8. Cut into four equal slices and serve hot or cold.