

Banana and Carrot Bread

Eating foods with fibre is an important part of a healthy diet. This recipe uses whole wheat flour instead of white flour to increase the amount of fibre. Each slice of bread provides 4 g of fibre.



Ingredients:

2 cups	Whole wheat flour	500 mL
1 tsp	Baking soda	5 mL
1 tsp	Cinnamon	5 mL
¼ cup	Canola oil	60 mL
1	Egg	1
½ cup	Sugar	125 mL
1 ½ cup	Bananas, mashed	375 mL
1 cup	Carrots, grated	250 mL
½ cup	Raisins	125 mL
	Non-stick cooking spray	

Directions:

1. Preheat oven to 350°F (175°C).
2. In a medium bowl, combine flour, baking soda and cinnamon and stir.
3. In a large bowl, add canola oil, egg, sugar, bananas, carrots and raisins, and mix together.
4. Add dry ingredients into wet ingredients. Mix well.
5. Spray a 9 x 5 inch (23 x 13 cm) loaf pan with non-stick cooking spray. Put batter into pan.
6. Bake for 50 minutes. Remove from oven and cool on rack.

Makes 12 servings (1 slice/ 71 g)

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Nutrition Facts	
Per 1/12 of recipe (1 slice/ 71 g)	
Amount	% Daily Value
Calories 200	
Fat 6 g	9 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 115 mg	3 %
Carbohydrate 36 g	12 %
Fibre 4 g	16 %
Sugars 16 g	
Protein 4 g	
Vitamin A	15 %
Vitamin C	6 %
Calcium	2 %
Iron	8 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Low in saturated fat	0.5 g
Low in sodium	115 mg
Source of potassium	269 mg
High in magnesium	40 mg
Source of iron	1.2 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Products) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 9 x 5 inch (23 x 13 cm) loaf pan