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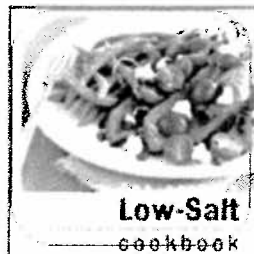
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### Chocolate Chip Banana Bread

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*Serves 16; 1 slice per serving*

Slices of this moist bread, with its banana flavor, surprise chocolate chips in the center, and crunchy vanilla wafer topping, are particularly inviting for a snack with a cup of hot tea.



American Heart Association [Low-Salt Cookbook](#), 3rd Edition

#### Ingredients

- Vegetable oil spray
- 1 3/4 cups all-purpose flour
- 2/3 cup sugar
- 1/3 cup semisweet chocolate chips
- 2 teaspoons baking powder
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup mashed banana
- 1/3 cup unsweetened applesauce
- Egg substitute equivalent to 1 egg, or 1 large egg
- 1 tablespoon canola or corn oil
- 6 reduced-fat vanilla wafer cookies, crushed (about 1/4 cup)

#### Cooking instructions

Preheat the oven to 350°F. Lightly spray an 8 1/2x4 1/2x2 1/2-inch loaf pan with vegetable oil spray.

In a large bowl, stir together the flour, sugar, chocolate chips, baking powder, cinnamon, and nutmeg. Make a well in the center.

Add the remaining ingredients except the cookie crumbs, stirring until just moistened. Don't overmix; the batter should be lumpy. Pour into the loaf pan. Sprinkle with the cookie crumbs.

Bake for 55 minutes, or until a wooden toothpick or cake tester inserted in the center comes out clean. Invert the bread onto a cooling rack and let cool before slicing.

#### Nutrition Analysis (per serving)

|                     |       |
|---------------------|-------|
| Calories            | 129   |
| Total Fat           | 2.0 g |
| Saturated Fat       | 0.5 g |
| Trans Fat           | 0.0 g |
| Polyunsaturated Fat | 0.5 g |
| Monounsaturated Fat | 1.0 g |
| Cholesterol         | 0 mg  |
| Sodium              | 64 mg |
| Carbohydrates       | 26 g  |
| Fiber               | 1 g   |
| Sugar               | 13 g  |
| Protein             | 2 g   |
| Calcium             | 37 mg |
| Potassium           | 89 mg |

#### Dietary Exchanges

2 starch

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