

Recipe adapted from *Cooking Light* magazine, October 2010.



Peanut Butter Banana Bread

4 mashed, ripe bananas
1/3 c plain, fat-free yogurt
1/2 c vegetable oil
1/3 c creamy peanut butter
2 large eggs
1 t vanilla extract
3/4 c granulated sugar
3/4 c brown sugar
1-3/4 c all-purpose flour
1 t baking soda
1/2 t salt
1/2 t cinnamon
2 T chopped, dry-roasted peanuts

Preheat the oven to 350F. Combine the first six ingredients in a large mixing bowl and beat with a mixer on medium speed. Add the white and brown sugar to the bowl and beat until blended. Next, in a smaller bowl, sift together the flour, baking soda, salt and cinnamon. Add the flour to the banana mixture and beat until blended. Next crush the dry roasted nuts and stir them into the batter. Pour the batter into a greased, 9x5-inch loaf pan and bake for 1 hour and 5-10 minutes (or until a toothpick comes out clean). Serve warm or cooled. Also freezes well for later use.