# banana & carrot bread

serves 14

## ingredients

**egg**
1

**mashed banana**
1 1/2 cups
or
375ml

**flour**
2 cups
or
500ml

**grated carrot**
1 cup
or
250ml

**sugar**
1/2 cup
or
125ml

**baking soda**
1 tsp
or
5ml

**canola oil**
1/3 cup
or
85ml

**cinnamon**
1 tsp
or
5ml

**cooking spray**

### optional

**raisins**
1/2 cup
or
125ml

---

Recipe serves 14—each serving represents:

■ 1 serving from the Grain Products Food Group

■ 1/2 serving from the Vegetables and Fruit Food Group

based on Canada's Food Guide

## Nutrition Facts

Serving Size (1 slice)
Recipe makes 14 servings

**Amount Per Serving**

**Calories** 160

| | |
|---|---|
| **Total Fat** 6g | |
| Saturated Fat 0.5g | |
| Trans Fat 0g | |
| **Cholesterol** 15mg | |
| **Sodium** 100mg | |
| **Total Carbohydrate** 26g | |
| Dietary Fiber 3g | |
| Sugars 12g | |
| **Protein** 3g | |

Vitamin A 50% • Vitamin C 6%
Calcium 2% • Iron 4%

Having a snack attack? Try a cup of whole grain cereal. It's healthy, filling and full of fiber.

For more great recipes visit:

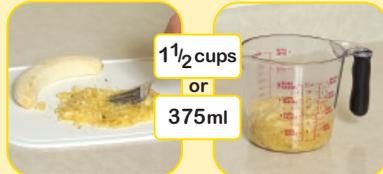**HEALTHY U**

**healthyalberta.com**

**1** Heat oven to 350°F / 180°C.



**2** Put dry ingredients in a bowl.



flour      baking soda      cinnamon



**3** Mix together.



**4** Put all other ingredients in a separate bowl.



canola oil      egg      sugar

banana      carrot



**5** Mix together.



**6** Add raisins (optional).



raisins

**7**



Add dry ingredients to wet ingredients.

**8**



Mix well.

**9** Spray a bread pan with cooking spray.



cooking spray

**10**



Put batter into bread pan.

---

**11** Put in oven.



**12** Bake for 50 minutes.



**13**



Remove from oven. Put on rack to cool.