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FACT SHEET #FS 6090 FCS
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Bran Banana Bars

Serving Size: 1/12 recipe
Carbohydrate: 20 gm
Protein: 4 gm
Fat: 3 gm

Calories: 120
Fiber: 2 gm
Sodium: 180 mg
Sugar: 8 gm

Ingredients:

1 cup all-purpose flour
1/4 cup brown sugar, packed
1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon salt
1 1/2 teaspoon cinnamon

1 cup bran flakes cereal, crushed
1 cup fat-free milk
2 eggs
1 carrot, shredded
1 ripe banana, mashed
1/3 cup chopped walnuts

Steps in Preparation:

Preheat oven to 375°F; lightly grease 8 1/2 x 8 1/2 baking pan.

1. In a medium bowl, combine flour, brown sugar, baking soda, baking powder, salt, cinnamon and cereal.
2. Mix well.
3. In small bowl, combine milk, eggs, carrot, banana and walnuts.
4. Add to Dry ingredients.
5. Bake for 25-30 minutes or until brown on top.
6. Cool and cut into bars.

Makes 12 bars – 120 calories per bar

Recipe from the Sugar Association.

As Demonstrated by Beth Shephard