

Chocolate Marbled Banana Bread

INGREDIENTS:

1/2 c. semisweet chocolate chips
2 1/2 c. whole-wheat pastry flour
1 tsp. baking soda
1/2 tsp. salt
1/4 c. butter
1 c. sugar
1 1/2 c. mashed bananas (about 3 medium)
1/2 c. egg whites
1/3 c. plain nonfat yogurt

DIRECTIONS:

Preheat oven to 350 F. Melt the chocolate chips in a microwave oven for about 30 seconds. Stir well and set aside. Stir together the whole-wheat pastry flour, baking soda and salt. Cream together the butter and sugar; add bananas, egg whites and yogurt. Add the dry ingredients and stir just until blended. Divide the mixture in half. To one half, add the melted chocolate chips. Place about half of the plain mixture in one large or two small loaf pans. Add about 6 spoonfuls of the chocolate mixture to the pans and swirl with a knife. Add the remaining plain mixture, then the remaining chocolate mixture and swirl together. Bake for 50 to 75 minutes, depending on the size of pan used. To test for doneness, insert a toothpick in the center. If the toothpick comes out clean, then it is done.

NUTRITION:

Makes six servings. Each serving with strawberries has 110 calories, 2.5 g fat, 2 g protein, 21 g carbohydrate, 2 g fiber and 55 milligrams sodium.