

# Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



## Clean Eating Recipe of the Month

### Chocolate Chunk Banana Bread

(Makes 12 slices)

#### Ingredients

- 1 1/2 cups whole-wheat flour
- 1 1/4 tsp baking powder
- 1/2 tsp baking soda
- 1 tbsp cinnamon
- 1 tbsp ground flaxseed
- Pinch of sea salt
- 3 ripe bananas, mashed with a fork
- 2 egg whites
- 1/4 cup unsweetened applesauce
- 1/2 cup raw honey
- 1/4 cup safflower oil
- 1/3 cup chopped dark chocolate
- Olive oil cooking spray, optional



#### Instructions

Preheat oven to 350°F. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, flaxseed and salt. In a large bowl, with a hand mixer, beat bananas until smooth. Add egg whites and beat until combined. Gradually mix in applesauce, honey and safflower oil. Mix dry ingredients into banana mixture; stir in chocolate. Mist a 9 x 5-inch loaf pan with cooking spray. Pour batter into pan and bake for 45 minutes, or until browned on top.

#### Nutritional Information (per slice)

Calories...182   Protein...3g   Carbohydrate...8g   Fat...6g

Healthy Living Program ~ creating body, mind and spiritual health for life!

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Fitness & Health

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