

QUICK WHOLE GRAIN BANANA BREAD

Ingredients:

1/2 c. margarine
1 c. sugar
2 eggs, slightly beaten
1 c. mashed banana (3 med.)
1 c. flour
1/2 tsp. salt
1 tsp. baking soda
1/4 c. whole wheat flour
1/4 c. oat bran
1/4 c. wheat bran
1/4 c. wheat germ
1/3 c. hot water

Directions:

Preheat oven to 325 degrees.

Melt margarine in microwave, in a large mixing bowl covered with waxed paper for 30 seconds on high. Blend in sugar. Mix in beaten eggs and bananas, blending until smooth. Stir in flour, salt and soda. Stir in whole wheat flour, oat and wheat bran and wheat germ. Add alternately with hot water.

Bake in a loaf pan 1 hour and 10 minutes.