

Sylvia's Banana Dessert

(Rosca con Platano)

From the kitchen of Sylvia Rodriguez, Eagle Pass

Preparation time: 60 minutes

Number per servings: 12 servings

Ingredients:

1 ½ cup whole-wheat flour
1 cup white flour
1 cup brown sugar
3 ½ teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon salt
¾ cup plain low-fat yogurt
½ cup skim milk
2 tablespoons margarine
6 egg whites or egg substitute equivalent to 3 eggs
2 bananas, pureed

Preparation:

1. Mix all dry ingredients together in a large bowl.
2. Add remaining ingredients and blend for 5 minutes or until smooth.
3. Spray large (9x13) cake pan with cooking spray to prevent sticking. Pour mixture into pan.
4. Bake at 350°F for 45-50 minutes. Test with toothpick to check doneness.
5. Allow to cool before cutting.

Nutrition information per serving:

FAT: 10% of calories from fat

FIBER: 2.5 grams (high)

CALORIES: 183



TIP

Substitute 2 egg whites for 1 egg or use egg substitute in your cakes to reduce the fat.
This cake has a consistency similar to flan, but it's much lower in fat.