



No-Sugar-Added Banana Bread PB&J Sandwiches



INGREDIENTS

1 ½ cups Hy-Vee all-purpose flour
2 tsp Hy-Vee ground cinnamon
1 tsp Hy-Vee baking soda
¾ tsp Hy-Vee salt
2 Hy-Vee large eggs
1 ½ cups banana, very ripe; mashed
½ cup Hy-Vee canola oil
1 tsp orange zest
⅓ cup fresh orange juice
2 tsp Hy-Vee vanilla extract
½ cup Hy-Vee sunflower kernels, roasted and unsalted
½ cup Smucker's Simply Fruit strawberry fruit spread
½ cup no sugar added peanut butter

PREPARATION

- 1** Preheat oven to 350°. Spray a 9x5-inch loaf pan with nonstick spray. Whisk together flour, cinnamon, baking soda, and salt in a small bowl; set aside.
- 2** Whisk eggs in medium bowl. Stir in mashed bananas, oil, orange zest and juice, and vanilla. Gradually stir in flour mixture until just combined. Fold in sunflower kernels.
- 3** Spread batter in prepared pan. Bake 55 to 60 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack for 1 minute. Remove bread from pan; cool completely on wire rack.
- 4** Cut bread into 16 (½-inch-thick) slices. Spread fruit spread evenly on 8 slices of bread. Spread peanut butter on remaining bread slices and place on top over fruit spread, peanut butter sides down, to form sandwiches.
- 5** To store, wrap each sandwich separately in plastic wrap. Store in a covered freezer container or resealable freezer bag up to 2 weeks. Thaw before serving.

NUTRITION FACTS

Calories: 410
Total Fat: 24g
Saturated Fat: 3g
Trans Fat: 0g
Cholesterol: 45mg

Sodium: 390mg
Carbohydrates: 41g
Fiber: 4g
Sugar: 17g
Protein: 9g