

~~masher to mash any large chunks, if  
desired. For the pita wedges: Heat oven  
to 400°. Coat a large baking sheet with  
cooking spray. Cut each pita into 8 wedges  
and place on baking sheet. Lightly coat  
wedges with cooking spray, sprinkle with  
cumin and season with salt and pepper.  
Bake 15 minutes or until golden brown.~~

~~Nutritional analysis per serving~~

~~296 calories, 2.2 g fat (0.4 g saturated fat),  
67.3 g carbohydrates, 7.6 g protein, 7.4 g fiber~~

## Banana-Raspberry Bread Serves 8

**Healthy bonus** Manganese from  
the fruit; antioxidants and fiber from the  
berries; selenium from the egg

Vegetable-oil cooking spray

2 cups all-purpose flour

$\frac{3}{4}$  cup sugar

2 tsp baking powder

$\frac{1}{2}$  tsp baking soda

$\frac{1}{2}$  tsp salt

4 large ripe or overripe bananas, mashed

$\frac{1}{4}$  cup skim milk

1 large egg

1 tsp pure vanilla extract

1 cup fresh or frozen raspberries

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Heat oven to 350°. Coat an 8" loaf  
pan with cooking spray. In a bowl,  
combine flour, sugar, baking pow-  
der, baking soda and salt; whisk to  
blend. Make a well in center; set  
aside. In a bowl, combine bananas,  
milk, egg and vanilla; fold in rasp-  
berries. Pour batter into center of  
dry ingredients; fold together until  
combined. Do not overmix. Pour  
batter into pan; bake 1 hour or until  
a toothpick inserted in the center  
comes out clean. Cool in pan on a  
wire rack for 10 minutes. Remove  
from pan; cool completely. Slice  
before wrapping individually.

**Nutritional analysis per serving**

254 calories, 1.1 g fat (0.3 g saturated  
fat), 56.8 g carbohydrates, 5.1 g  
protein, 3.5 g fiber

## ~~Sun Tea~~ With Mint

**Serves 4**

~~Healthy bonus~~ Antioxidants from tea,  
5 calories per glass

~~Combine 4 cups water, 4 black tea b  
rind from 1 lemon and  $\frac{1}{4}$  cup fresh n~~