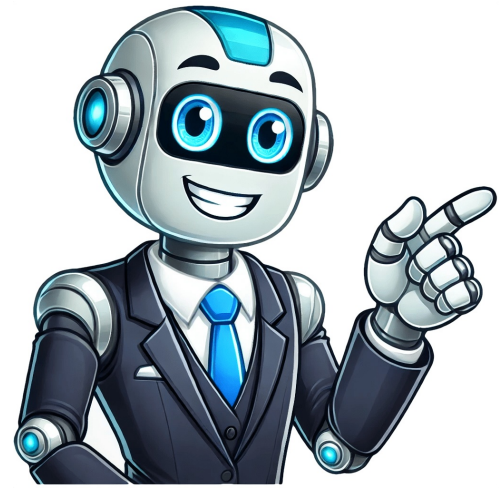


[Click Here](#)



Low fat banana bread with greek yogurt

This scrumptious low-calorie banana bread combines the natural sweetness of bananas with the convenience of a sugar-free cake mix! With only 100 calories per slice, you won't miss the extra calories once you taste this moist and delicious treat. Simply mash 3 ripe bananas, whisk together Greek yogurt, eggs, and vanilla extract, then combine them with the cake mix and a pinch of cinnamon for added flavor. Bake in a 9x5 loaf pan or mini pans, slice into 1/2-inch thick pieces, and enjoy! Using bananas to make bread helps protect your countertop from spills and cools the bread down faster. To start, mash 3-4 ripe bananas in a bowl using a fork until they are smooth. Measure them out to ensure you have about 1.5 cups. If needed, add an extra banana. In another bowl, mix together yogurt, vanilla, eggs, and cinnamon. Add cake mix and stir until combined. Grease a 9x5 loaf pan with nonstick spray, pour in the batter, and smooth the top. Bake at 350°F for 45-55 minutes or until the toothpick comes out clean. Let it cool completely before slicing and serving. You can also make individual slices and freeze them for later. Some people like to add mix-ins like chocolate chips or nuts to their banana bread. looking at approximately 200 calories! If you liked this recipe, try other low-calorie desserts! Preheat: Set the oven to 350 degrees F. Mash: In a medium bowl, mash 3-4 bananas until you have around 1.5 cups. Mix Batter: Combine eggs, Greek yogurt, vanilla extract, and cinnamon with the mashed banana. Add cake mix and stir until a batter forms. Fill Loaf Pan: Spray a 9"x5" loaf pan with nonstick spray or line with parchment paper. Add batter to the pan and smooth the top as flat as possible. Bake: Bake in a 350-degree oven for 45-55 minutes. Banana bread is done when a toothpick inserted into the middle comes out clean. Cool: Allow banana bread to cool completely in the pan. Slice into ½" thick pieces. Mini Loaf Pans: You can also bake this recipe using 3 mini loaf pans. Baking time will be shorter (around 30 minutes). Browning: If the bread is getting too brown, cover it with aluminum foil midway through baking. Cake Mix: Use any type of cake mix (regular or sugar-free) if the box size is 15.25 - 16 oz. Storage: Banana bread can be stored at room temperature for 4-5 days wrapped tightly in plastic wrap or aluminum foil. Freezing: Individual slices can be wrapped and frozen for 1-2 months. The recipe for a healthier banana yogurt bread uses oat flour instead of refined flour, offering a gluten-free alternative. Other options include wholewheat flour, pastry flour, and almond flour. A mix of oat flour and almond flour can enhance the flavor and texture. Maple syrup replaces refined sugars, while vanilla extract and cinnamon add to the original banana bread flavor. Salt balances sweetness and brings out the goodness. To prepare the loaf, preheat the oven and grease a loaf pan. Combine mashed bananas with Greek yogurt, egg, maple syrup, and spices in a large bowl. Add oat flour, almond flour, and baking powder to create a smooth mixture. If desired, add chocolate chips. Bake for 30 minutes or until a toothpick comes out clean. To increase protein, replace half the oat flour with protein powder. Dairy-free yogurt alternatives can be used, as long as they have a thick texture. Gluten-free ingredients must also be used. Chocolate chips and nuts can be added to the batter for extra flavor and texture. This banana bread is incredibly moist without needing any oil or butter. Make sure not to overmix the batter, as this can cause a dense texture. For the best results, mix the ingredients just until they're combined. The flavors will deepen and become even more tender if you let it sit in the fridge overnight. After baking, let the bread cool completely before serving. If you want to store leftovers, put them in an airtight container or ziplock bag. At room temperature, the bread will last for up to 3 days, but it's recommended to refrigerate it for a maximum of 4 days. You can serve it cold or quickly warmed up in an oven or microwave. To freeze, wrap the banana bread in zipper bags and store it for a maximum of 3 months. Before serving, thaw it in the fridge overnight and then reheat it until warm. To prepare this low-calorie banana bread, you'll first need to grease a standard-sized loaf pan with parchment paper. In a large bowl, mash the ripe bananas until they're smooth. Next, mix in the eggs, Greek yogurt, and honey until well combined. Add the sweetener, white whole wheat flour, baking soda, and salt, stirring just until the ingredients come together without overmixing. Pour the batter into the prepared loaf pan, smooth out the top, and bake for 40 minutes or until a toothpick inserted in the center comes out clean. Once cooled, slice and serve - it's perfect for breakfast, snacks, or desserts. #####Why This Banana Bread Works This banana bread is all about balance. Unlike traditional recipes that rely on butter and excess sugar, this version uses healthier ingredients to keep calories low while still delivering a moist crumb and rich flavor. The Greek yogurt adds creaminess without adding extra fat, and honey provides natural sweetness with the help of a touch of sugar-free sweetener. #####A Healthy Alternative to Traditional Banana Bread Traditional banana bread recipes can be over 200-300 calories per slice due to butter, oils, and refined sugars. This version cuts those numbers in half (or more) while maintaining a texture that doesn't feel like it's sacrificing taste. It's an excellent option for anyone managing their calorie intake or following a weight loss plan. #####Easy One-Bowl Simplicity This recipe stands out because of its simplicity - no stand mixer required, just one bowl, and minimal cleanup afterwards. This makes it perfect for beginner bakers or those with busy schedules. Plus, it's ready in under 45 minutes, making it an ideal choice for meal prep. #####Perfect for Meal Prep and Freezing This banana bread isn't just a tasty treat but also a smart meal prep item. You can bake a loaf on Sunday, slice it up, and store it in the fridge or freezer for up to four days or longer. It's perfect for those who need quick breakfast or snack options during the week. This low-calorie banana bread is designed to be a guilt-free treat while still delivering on flavor and nutrition. It's incredibly adaptable, making it perfect for those following structured meal plans or macros. Simply wrap individual slices in plastic wrap and freeze for quick grab-and-go breakfasts or snacks. The recipe can easily accommodate various diets, including vegan and gluten-free options, by substituting ingredients as needed. Additionally, it allows for plenty of variation with the addition of sugar-free chocolate chips, nuts, dried fruit, or spices like cinnamon and nutmeg. This banana bread is not only kid-friendly but also a great option for picky eaters due to its naturally sweet flavor and lack of artificial ingredients. I recently discovered the perfect healthier alternative to my favorite traditional treat - banana bread! It's got a lovely sweetened and banana-flavored twist that I'm absolutely loving. Recently, I had two rather embarrassing moments that made me realize how much I need to revisit an old recipe of mine... A couple of days ago, someone pointed out a patch of skin I missed while shaving my right leg, which was quite awkward. To make matters worse, I also realized I didn't have any dedicated banana bread recipes on this blog - despite having one that I never really showcased properly when I first posted it. Banana bread holds a special place in my heart, along with chocolate chip oatmeal cookies and Black Forest cake. Despite them being vastly different, they all share one thing - deliciousness! And what makes me love them is the fact that they evoke memories of my childhood baking days with Mom. I've been baking for as long as I can remember, and most of those early memories involve helping her in the kitchen to make cookies, Black Forest cake, or (rarely) banana bread. I recall being confused when my mom said we couldn't make banana bread because our bananas weren't ripe enough. As a kid, I just thought bananas were bananas - what more did you need? It wasn't until much later that I realized the difference in texture and sweetness with properly ripe bananas. Not to mention the extra health benefits! This is why banana bread secured one of my top 3 favorite spots in my heart. I originally posted a modified version of this recipe a couple years ago, but it got lost in the archives because I wasn't serious about food blogging at that time and didn't know much about photography or social media promotion. It's still a great recipe, though - soft, tender, subtly sweet, with an amazing banana flavor. The Greek yogurt keeps it moist, while using only 1/2 cup of sugar makes it ideal for those who prefer less sweetness. If you're looking to make it even sweeter, feel free to cut that down to 1/3 cup! We were thinking of adding some chocolate chips, but I opted out since I prefer my banana bread plain. Instead, I experimented with the sweetness level and was pleased to find that it's all about personal taste - both versions turned out scrumptious! Feel free to share your thoughts on this recipe by leaving a comment below and rating it, and don't forget to subscribe to our newsletter for new recipes delivered straight to your inbox. Preheat your oven to 350 degrees Fahrenheit (or 176 degrees Celsius). Prepare a 9x5-inch loaf pan by lightly greasing it. In one bowl, combine flour, baking soda, and salt. Set aside. In another bowl, mix eggs until the yolks break apart, then whisk in mashed bananas, yogurt, maple syrup, and sugar (if using) until smooth. Gently fold wet ingredients into dry ones, but avoid overmixing. If you're adding any mix-ins, now's the time to do it. Pour the batter into the loaf pan, spreading it evenly, and bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and let cool for about 10 minutes before transferring it to a cooling rack. (Note: You can also use coconut sugar.) Preparation time: 10 minutes, cooking time: 40 minutes. This recipe was initially updated in March 2020 but reverted back to its original form due to popular demand. Looking for more banana-based recipes? Try these: Banana Oat Greek Yogurt Muffins, Flourless Banana Bread Muffins, Strawberry Banana Oat Bars, or Flourless Vegan Banana Muffins - all great options!