**Whole Wheat Banana Bread**

1 cup white flour  
3/4 cup whole wheat flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup sugar

1/4 cup oil  
1 egg  
1 cup mashed ripe bananas (about 2 bananas)  
1 teaspoon vanilla

Combine first 4 ingredients in a small bowl. Stir well and set aside. Combine sugar and oil in a medium bowl. Beat at medium speed with electric mixer 2 minutes or until well blended. Add egg. Beat until light and lemon colored. With mixer at low speed, add flour mixture alternately with bananas, beginning and ending with flour mixture. Blend well after each addition. Stir in vanilla. Pour batter into a 8 1/2 X 4 1/2 X 3" loaf pan coated with non-stick spray, or lightly oiled. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean.

**Baked Rice Pudding**

1/2 cup uncooked rice  
1 cup water  
3/4 cup sugar  
2 Tablespoons cornstarch  
2 eggs  

2 1/2 cups milk  
1 teaspoon vanilla  
1 teaspoon cinnamon  
1 Tablespoon lemon juice, if desired  
1/2 cup raisins

Bring 1 cup water to a boil and add rice. Reduce heat, cover, and simmer 14 minutes. Do not stir. Preheat oven to 350°. Mix sugar and cornstarch. Beat the eggs and milk and add to sugar-cornstarch mixture. Mix well. Stir in rice, vanilla, cinnamon, lemon juice, if desired, and raisins. Pour into ungreased 1 1/2 quart casserole dish. Place dish in large pan of very hot water, about 1 inch deep. Place in oven. Bake about 1 1/2 hours, stirring occasionally, or until pudding is creamy and liquid is absorbed.
Nutrition Facts

Servings Per Recipe 16
Amount Per Serving

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Nutrition Facts using skim milk

Servings Per Recipe 4
Amount Per Serving

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