Preheat oven to 350°F. Coat a 9” x 5” loaf pan with vegetable cooking spray. Mix shortening, sugar, egg whites, bananas and soymilk with electric mixer. Add flours, baking soda and salt. Mix well. Stir in soynuts. Pour into pan. Bake 1 hour or more, until knife inserted in middle comes out clean.

**Yield: One loaf cut into 14 slices**

**INGREDIENTS...**

1/2 cup margarine or shortening
1 1/2 cups flour
1 cup sugar
1/2 cup soy flour
4 egg whites
1 tsp baking soda
1 1/2 cups mashed bananas
1/2 tsp salt
1 1/2 cups soymilk
1/2 cup roasted soynuts, coarsely chopped

**Per slice:**
- Calories: 225
- Total fat: 8 g
- Saturated fat: 1.5 g
- Cholesterol: 0 mg
- Sodium: 272 mg
- Carbohydrate: 32 g
- Protein: 5 g
- Soy Protein: 4 g