Oat Bran Banana Bread

Preheat oven to 325 degrees. Lightly grease a 9 by 5 inch loaf pan.

1 ½ cups	whole wheat flour
½ cup	oat bran
1/3 cup	ground flaxseed
1 tsp	baking powder
1 tsp	baking soda
2	egg whites
1	whole egg
½ cup	granulated sugar
¼ cup	vegetable oil or margarine
1 tsp	vanilla
¾ cup	low-fat plain yogurt
3	ripe bananas (about 1 1/3 cups)
2 tbsp	whole flaxseed (optional)

1. In a medium bowl, combine flour, oat bran, ground flaxseed, baking powder and baking soda
2. In a large bowl, beat egg whites, whole egg, sugar, oil and vanilla for 3 to 4 minutes or until well combined. Stir in bananas. Gradually fold in flour mixture.
3. Spoon batter into prepared loaf pan and smooth top. Sprinkle with whole flaxseed if using.
4. Bake in preheated oven for 50 to 60 minutes or until top is firm to the touch and a tester inserted in the centre comes out clean. Let cool in pan for 10 minutes, then remove to a wire rack to cool completely.