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GlucaChol-22

NEW



Low GI Banana Bread

INGREDIENTS

- 30ml canola oil
- 190ml soft brown sugar
- 3 eggs
- 60ml skim milk
- 1 grated apple
- 3 ripe bananas
- 200ml cake flour
- 150g Gluca-chol 22
- 15ml baking powder
- 2.5ml salt
- 100ml oat bran
- 125ml Pronutro whole wheat



Makes 16 slices/16 muffins

For a healthy heart

- Assists with cholesterol lowering
- 100% Natural ingredient
- Effective within weeks

DIRECTIONS

1. Preheat oven to 180°C
2. Mix oil and sugar together
3. Add eggs and milk and beat well
4. Grate apple and mash banana with a fork and add to the oil mixture
5. In a separate bowl sift flour, GlucaChol-22™, baking powder and salt. Add oat bran and Pronutro
6. Add dry ingredients to egg mixture
7. Mix thoroughly. Do not overmix, but make sure all dry ingredients are moistened
8. Spoon into bread pan
9. Bake for 70 minutes

 Innovation
Based on Science

Marketed by **At Life Products (Pty) Ltd**
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GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally