

Banana Bread Squares

Whole-wheat flour, bananas, and lovely spices make these delicious Banana Bread Squares a nutritious treat.

Preparation Time: 30 minutes

Cook Time: 45 minutes

CACFP Crediting Information:

1 piece (2" x 2 1/2") provides 1 oz eq grains.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	7 1/4 oz	1 2/3 cups	14 1/2 oz	3 1/3 cups	1 Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F.
Flour, all-purpose, enriched	7 1/4 oz	1 2/3 cups	14 1/2 oz	3 1/3 cups	
Sugar, granulated	6 oz	3/4 cup	12 oz	1 1/2 cup	2 Combine flours, sugar, instant dry milk, baking powder, nutmeg, baking soda, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.
Milk, instant, nonfat, dry	1/2 oz	2 Tbsp	1 oz	1/4 cup	
Baking powder		2 1/2 tsp		1 Tbsp 2 tsp	
Nutmeg, ground		1 tsp		2 tsp	
Baking soda		1/2 tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		½ tsp		1 tsp	
*Bananas, fresh, mashed	13 oz	1 ½ cup	1 lb 10 oz	3 cups	3 Combine mashed banana, eggs, water, oil, and vanilla extract in a mixing bowl. Whisk until well combined.
Eggs, whole frozen eggs, thawed	3 ½ oz	⅓ cup 1 Tbsp	7 oz	⅔ cup 2 Tbsp	
Water		⅔ cup		1 ⅓ cups	
Oil, vegetable	3 oz	½ cup	6 oz	1 cup	
Vanilla extract		1 tsp		2 tsp	4 Add banana and egg mixture to dry ingredients and mix for 30 seconds on low speed just until the dry ingredients are incorporated.
Walnuts, chopped (Optional)	3 oz	¾ cup	6 oz	1 ½ cups	5 Add walnuts (optional). Mix for 30 seconds on low speed. Batter will be lumpy. DO NOT OVERMIX.
					6 Pour 1 qt 2 cups (about 3 lbs) batter into a half steam table pan (12" x 10" x 2 ½") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Bake until golden brown: Conventional oven: 375 °F for 40 minutes. Convection oven: 350 °F for 35 minutes.
					8 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 2 ½").

NUTRITION INFORMATION

For 1 piece (2" x 2 ½")

NUTRIENTS	AMOUNT
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Calories	132
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Total Fat	4 g
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Saturated Fat	0 g
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Cholesterol	15 mg
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Sodium	128 mg
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Total Carbohydrate	22 g
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Dietary Fiber	1 g
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Total Sugars	8 g
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Added Sugars	6 g
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Protein	3 g
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Vitamin A	10 RAE
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Vitamin C	1 mg
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Calcium	39 mg
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Iron	1 mg
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Source:

USDA Standardized Recipe Project — 2025

*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Bananas	14 oz	1 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

Optional Ingredients are not included in recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lbs	About 6 lbs
About 1 qt 2 cups/1 half-size steam table pan (12" x 10" x 2 ½")	About 3 qt/2 half-size steam table pans (12" x 10" x 2 ½")