

# Banana Bread Squares

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

## CACFP Crediting Information:

1 piece (2  $\frac{2}{3}$ " x 4") provides 1 oz eq grains.



**Preparation Time: 15 minutes**

**Cook Time: 40-45 minutes**

**Makes: 6 servings**

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## Ingredients

- 1  $\frac{3}{4}$  oz ( $\frac{1}{3}$  cup) flour, whole-wheat
- 1  $\frac{3}{4}$  oz ( $\frac{1}{3}$  cup) flour, all-purpose, enriched
- 1  $\frac{1}{2}$  oz (3 Tbsp) sugar, granulated
- 1  $\frac{1}{2}$  tsp instant nonfat dry milk
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp nutmeg, ground
- $\frac{1}{8}$  tsp baking soda
- $\frac{1}{8}$  tsp salt
- 1 very ripe banana ( $\frac{1}{2}$  cup), mashed
- 3 Tbsp water
- 2 Tbsp oil, vegetable
- 1 large egg
- $\frac{1}{4}$  tsp vanilla extract
- $\frac{3}{4}$  oz ( $\frac{1}{8}$  cup) walnuts chopped (optional)

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## Directions

- 1** Preheat oven:  
Conventional oven: 375 °F.  
Convection oven: 350 °F.
- 2** Combine flours, sugar, instant dry milk, baking powder, nutmeg, baking soda, and salt in a mixing bowl and stir together using a whisk. Set aside for step 4.
- 3** Combine mashed banana, water, oil, egg, and vanilla extract in a mixing bowl. Whisk until well combined.
- 4** Add banana and egg mixture to the dry ingredients. Mix with a whisk or rubber spatula just until the dry ingredients are incorporated.
- 5** Add walnuts, if using, and fold into the batter. Batter will be lumpy. Do not overmix.
- 6** Pour batter into a small baking pan (8" x 8" x 2") lightly coated with pan-release spray.
- 7** Bake until golden brown:  
Conventional oven: 375 °F for 25 minutes.  
Convection oven: 350 °F for 25 minutes.  
Remove from oven and let cool.
- 8** Portion into 6 servings.  
Serve 1 piece (2  $\frac{2}{3}$ " x 4").

## NUTRITION INFORMATION

For 1 piece (2 2/3" x 4")

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>153</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
<b>Cholesterol</b>	<b>17 mg</b>
<b>Sodium</b>	<b>124 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	10 g
Added Sugars	7 g
<b>Protein</b>	<b>3 g</b>
Vitamin A	11 RAE
Vitamin C	2 mg
Calcium	35 mg
Iron	1 mg

## NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

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

### Source:

USDA Standardized Recipe Project — 2025