



# Banana Bread Squares

## USDA Recipe for Schools

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

**NSLP/SBP CREDITING INFORMATION**  
**1 piece provides 1 oz equivalent grains.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb 13 oz	1 qt 2 ½ cups	3 lb 10 oz	3 qt 1 cup	<b>1</b> Place flour, sugar, instant dry milk, baking powder, baking soda, nutmeg, 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 3.
Sugar	1 lb 1 oz	2 ½ cups 2 Tbsp	2 lb 2 oz	1 qt 1 ¼ cups	
Instant non-fat dry milk	2 oz	¼ cup	4 oz	½ cup	
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Baking soda		1 tsp		2 tsp	
Nutmeg, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 tsp		2 tsp	
Whole eggs, frozen, thawed	7 oz	$\frac{2}{3}$ cup 2 Tbsp	14 oz	1 $\frac{1}{2}$ cups 1 Tbsp 1 tsp	<b>2</b> Combine eggs, water, and vanilla in a large bowl. Stir well.
Water		1 $\frac{1}{3}$ cups		2 $\frac{2}{3}$ cups	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Vegetable shortening, trans-fat free	6 oz	1 cup	12 oz	2 cups	<b>3</b> Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
*Bananas, fresh, mashed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	<b>4</b> Add mashed bananas. Add walnuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. Batter will be lumpy. DO NOT OVERMIX.
(Optional) Walnuts, chopped	6 oz	1 $\frac{1}{2}$ cups	12 oz	3 cups	
					<b>5</b> Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 $\frac{1}{2}$ ") lightly coated with pan-release spray.  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
(Optional) Coconut, sweetened, shredded	3 oz	1 cup	6 oz	2 cups	<b>6</b> (Optional) Sprinkle coconut flakes on top of banana mixture before baking.
					<b>7</b> Bake until golden brown: Conventional oven: 350 °F for 35–45 minutes. Convection oven: 300 °F for 25–35 minutes.
					<b>8</b> Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece.



## NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>142</b>
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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	15 mg
<b>Sodium</b>	<b>135 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
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Vitamin D	6 IU
Calcium	21 mg
Iron	0 mg
Potassium	130 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Bananas	1 lb 12 oz	3 lb 8 oz

## NOTES

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

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

50 Servings	100 Servings
About 6 lb  About 3 qt/2 steam table pans (12" x 10" x 2 ½")	About 12 lb  About 1 gal 2 qt/4 steam table pans (12" x 10" x 2 ½")