

# Banana Bread Squares

Grains/Breads

Grains/Breads

A-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	<ol style="list-style-type: none"> <li>Combine flour, sugar, dry milk, baking powder, baking soda, and salt in a mixing bowl. Mix for 1 minute on low speed. Reserve for step 3.</li> <li>In a separate mixing bowl, combine eggs and water. Blend for 30 seconds on low speed.</li> <li>Add shortening and egg mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Beat for 1 minute on medium speed.</li> <li>Add bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.</li> <li>Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 3 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until browned:                Conventional oven: 350° F for 35-45 minutes                Convection oven: 300° F for 25-35 minutes             </li> <li>Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece.</li> <li>No CCP necessary.</li> </ol>
Sugar	8 ½ oz	1 ¼ cups	1 lb 1 oz	2 ½ cups	
Instant nonfat dry milk		2 Tbsp		¼ cup	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Water		½ cup 2 Tbsp		1 ¼ cups	
Shortening	3 ¼ oz	½ cup	6 ½ oz	1 cup	
*Fresh bananas, peeled, mashed	13 oz	1 ½ cups 2 Tbsp	1 lb 10 oz	3 ¾ cups	
Walnuts, chopped (optional)	3 ¼ oz	¾ cup	6 ½ oz	1 ½ cups	

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Comments:  
\*See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 3 lb 3 oz (batter)	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 pan
	<b>50 Servings:</b> 6 lb 6 oz (batter)	<b>50 Servings:</b> 2 quarts 2 cups (batter) 2 pans
Tested 2004		

For Loaf Pans:

Pour 1 lb 9 ½ oz (2 ½ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

Bake until lightly browned:

Conventional oven: 350° F for 40-50 minutes

Convection oven: 300° F for 30-40 minutes

Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately ¾" thick.

Nutrients Per Serving			
<b>Calories</b>	149	<b>Saturated Fat</b>	1.12 g
<b>Protein</b>	2.48 g	<b>Cholesterol</b>	19 mg
<b>Carbohydrate</b>	25.58 g	<b>Vitamin A</b>	49 IU
<b>Total Fat</b>	4.37 g	<b>Vitamin C</b>	1.4 mg
		<b>Iron</b>	0.92 mg
		<b>Calcium</b>	42 mg
		<b>Sodium</b>	139 mg
		<b>Dietary Fiber</b>	0.8 g