



This recipe can be used as a base for any quick bread flavor. Substitutue the banana for your favorite flavor!

Recipe Name	Quick Bread, Banana	Total Yield	1 Loaf	Prep Time	10 min, Cool 10 min
Cook Process	#2 Same Day Service	Servings	15	Cook Time	45-55 minutes
Menu Type	Bread/Grain	Portion Size	1 oz eq. Slices	Crediting	1 Slice = 1oz equivalent grain

INGREDIENTS	WEIGHTS	MEASURE	DIRECTIONS
Canola Oil		1/3 Cup	1. Preheat oven to 350 °F. Spray a 9x5 loaf pan with pan release spray.
White Sugar, granulated		1/3 Cup	2. In a large bowl, whisk together the oil and sugar.
Banana, Ripe, Mashed		1 1/2 Cup	3. Whisk in bananas, eggs, baking soda, salt, and vanilla.
Egg, Large		2 Egg	4. In a separate medium mixing bowl, combine the whole wheat and all-purpose flour. Add the flour mixture and water to the wet ingredients. Alternating the flour mixture and water. Mix until just combined; do not overmix.
Baking Soda		1 tsp	
Salt		1/2 tsp	
Vanilla Extract		1 Tbsp	5. Pour batter into the prepared loaf pan.
Flour, Whole Wheat	4.8 Oz	1 Cup	6. Bake for 45 – 55 minutes, until a toothpick inserted into the center of the loaf comes out clean and the loaf is golden brown. Allow to cool in the pan for 10 minutes before transferring to a wire rack to finish cooling.
Flour, All-Purpose	4.9 Oz	1 Cup	
Water		1/3 Cup	7. Slice the loaf into 15 equal slices (0.6 inch slices). Can be served warm, at room temperature, or cool. Refrigerate leftovers at 41 °F or less.

NUTRITION FACTS: Calories - 180 kcal | Total Fat - 7.8 g | Saturated Fat - 1.3 g | Cholesterol - 12 mg | Sodium - 141 mg | Carbohydrates - 25.5 g | Fiber - 2 g | Total Sugar - 9.5 g | Added Sugar - 6.7 g | Protein - 2.9 g

This project was funded using U.S. Department of Agriculture grant funds.
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