

Banana Bread

This banana bread recipe packs in 3 large bananas per loaf! It's a terrific way to use over-ripe bananas.

Makes: 12 servings
 Prep Time: 15 mins
 Cook Time: 45 mins

Source: ChooseMyPlate.gov/recipes

Ingredients

- 3 bananas (large, well-ripened)
- 1 egg
- 2 tablespoons vegetable oil
- 1/3 cup milk, fat-free
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil - OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes or until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 slice (1/12 of recipe)	
Nutrients	Amount
Calories:	137
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	16 mg
Sodium:	328 mg
Total Carbohydrates:	26 g
Dietary Fiber:	1 g
Total Sugars:	10 g
Added Sugars:	5 g
Protein	3 g
Vitamin D	0 mcg
Calcium	26 mcg
Iron	1 mg
Potassium	155 mg

Utensils Needed

- Baking pan
- Mixing bowl
- Measuring cups
- Fork
- Measuring spoons
- Mixing spoon

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$15.73

Average cost/serving: \$1.31

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 3 to Cart
Banana



Add 1 to Cart
Baking Soda, 16 oz



Add 1 to Cart
Large Grade A Eggs, 12 ct



Add 1 to Cart
Baking Powder, 8.1 oz



Add 1 to Cart
1% Milk, 0.5 gallon



Add 1 to Cart
All- Purpose Flour, 5 lb



Add 1 to Cart
Granulated Sugar, 32 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- The key to good banana bread is to use well-ripened bananas that are covered with brown speckles.
- Try using half whole wheat flour to add some fiber.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Cranberry Pumpkin Muffins
 - Fantastic French Toast
 - Banana Crumble