

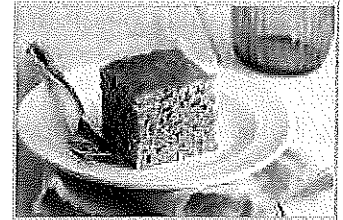


United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Recipe # What's cooking BB

USDA is an equal opportunity provider, employer, and lender.

Banana Bread Squares - USDA Recipe for CACFP



Makes: 25 or 50 Servings

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

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	14 1/2 oz	3 1/4 cups	1 lb 13 oz	1 qt 2 1/2 cups
Sugar	8 1/2 oz	1 1/4 cup 1 Tbsp	1 lb 1 oz	2 1/2 cups 2 Tbsp
Instant nonfat dry milk		1/8 cup	2 oz	1/4 cup
baking powder		2 1/2 tsp		1 Tbsp 2 tsp
Baking soda		1/2 tsp		1 tsp
Ground nutmeg		1 tsp		2 tsp
Salt		1/2 tsp		1 tsp
Frozen whole eggs, thawed	3 1/2 oz	1/3 cup 1 Tbsp	7 oz	2/3 cup 2 Tbsp
Water		2/3 cup		1 1/3 cups
Vanilla extract		1 tsp		2 tsp
Vegetable shortening, trans fat-free	3 oz	1/2 cup	6 oz	1 cup
*Fresh bananas, mashed	13 oz	1 1/2 cups	1 lb 10 oz	3 cups
(Optional) Chopped walnuts	3 oz	3/4 cup	6 oz	1 1/2 cups
(Optional) Sweetened coconut, shredded		1/2 cup	3 oz	1 cup

Directions

1. 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.
2. Combine eggs, water, and vanilla in a large bowl. Stir well.
3. Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
4. 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.

5. Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. (Optional) Sprinkle coconut flakes on top of banana mixture before baking.
7. Bake until golden brown: Conventional oven: 350 °F for 35-45 minutes. Convection oven: 300 °F for 25-35 minutes.
8. Portion: Cut each pan 5 x 5 (25 pieces per pan).

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

Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipes Project