

Banana Bread Squares

Grains/Breads

Grains/Breads

A-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2 1/4 cups	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt for 1 minute in mixer on low speed.
Sugar	8 1/2 oz	1 1/4 cups	1 lb 1 oz	2 1/2 cups	
Instant nonfat dry milk		2 Tbsp		1/4 cup	2. Combine eggs and water. Add eggs, water, and shortening to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed, scraping down the sides of the bowl.
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		1/2 tsp		1 tsp	
Salt		1/2 tsp		1 tsp	
Fresh large eggs OR		2 each		4 each	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVER MIX. Batter will be lumpy.
Water		1/2 cup 2 Tbsp		1 1/4 cups	
Shortening		1/2 cup	6 1/2 oz	1 cup	
*Bananas, mashed	13 oz	1 1/2 cup 2 Tbsp	1 lb 10 oz	3 1/4 cups	4. For 50 servings, pour 5 lb 10 oz (2 qt 2 cups) batter into a lightly greased steamtable pan (12" x 20" x 2 1/2"). For 25 servings, use 1 half-steamtable pan (12" x 10" x 2 1/2").
Walnuts, chopped (optional)		3/4 cup	6 1/2 oz	1 1/2 cups	
					5. To Bake: Conventional Oven: 350 degrees F, 35 to 45 minutes Convection Oven: 300 degrees F, 25 to 35 minutes Bake until browned.
					6. Cool. Cut 5 x 5 (25 servings) or 5 x 10 (50 servings). For Loaf Pans: Pour 1 lb 14 oz (3 cups) batter into each lightly greased loaf pan (4" x 10" x 4"). For 50 servings, use 3 loaf pans. To Bake: Conventional Oven: 350 degrees F, 50 to 60 minutes Convection Oven: 300 degrees F, 40 to 50 minutes Bake until lightly browned. Remove from pans. Cool completely. Cut each loaf into 17 slices, approximately 1/2" thick.

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*See Marketing Guide

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Bananas	1 lb 4 oz	2 lb 8 oz

SERVING:

1 piece provides the equivalent of 1 slice of bread

YIELD:

25 Servings: 1 half-steamtable pan

50 Servings: 1 steamtable pan

VOLUME:

25 Servings:

50 Servings:

Nutrients Per Serving

Calories	147	Saturated Fat	1.1 g	Iron	.9 mg
Protein	2 g	Cholesterol	17 mg	Calcium	41 mg
Carbohydrate	25 g	Vitamin A	9 RE/35 IU	Sodium	136 mg
Total Fat	4.3 g	Vitamin C	1 mg	Dietary Fiber	1 g