



Banana Bread Squares

USDA Recipe for CACFP

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

CACFP CREDITING INFORMATION

1 biscuit provides 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	14½ oz	3 ¼ cups	1 lb 13 oz	1 qt 2 ½ cups	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.
Sugar	8½ oz	1 ¼ cups 1 Tbsp	1 lb 1 oz	2 ½ cups 2 Tbsp	
Instant non-fat dry milk		⅞ cup	2 oz	¼ cup	
Baking powder		2 ½ tsp		1 Tbsp 2 tsp	
Baking soda		½ tsp		1 tsp	
Ground nutmeg		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed	3½ oz	⅓ cup 1 Tbsp	7 oz	⅔ cup 2 Tbsp	2 Combine eggs, water, and vanilla in a large bowl. Stir well.
Water		⅔ cup		1 ⅓ cups	
Vanilla extract		1 tsp		2 tsp	
Vegetable shortening, trans-fat free	3 oz	½ cup	6 oz	1 cup	3 Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
*Fresh bananas, mashed	13 oz	1 ½ cups	1 lb 10 oz	3 cups	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.
(Optional) Chopped walnuts	3 oz	¾ cup	6 oz	1 ½ cups	5 Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 ½") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
(Optional) Sweetened coconut, shredded		½ cup	3 oz	1 cup	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). Serve 1 piece.



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	142
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	15 mg
Sodium	135 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	6 IU
Calcium	21 mg
Iron	0 mg
Potassium	130 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Bananas	14 oz	1 lb 12 oz

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.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lb	About 6 lb
About 1 qt 2 cups/1 steam table pan (12" x 10" x 2 ½")	About 3 qt/2 steam table pans (12" x 10" x 2 ½")