

# Banana Bread Squares

Grains/Breads

Grains/Breads

B-05

| Ingredients  | 50 Servings |                              | 100 Servings |                          | Directions  |
|--|-------------|------------------------------|--------------|--------------------------|---|
|  | Weight      | Measure                      | Weight       | Measure                  |   |
| Enriched all-purpose flour   | 1 lb 12 oz  | 1 qt 2 ½ cups                | 3 lb 8 oz    | 3 qt 1 cup               | 1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt in mixer for 1 minute at low speed.   |
| Sugar  | 1 lb 1 oz   | 2 ½ cups                     | 2 lb 2 oz    | 1 qt 1 cup               |   |
| Instant nonfat dry milk  |             | ¼ cup                        |              | ½ cup                    |   |
| Baking powder  |             | 1 Tbsp 2 ¼ tsp               |              | 3 Tbsp 1 ½ tsp           |   |
| Baking soda  |             | 1 tsp                        |              | 2 tsp                    |   |
| Salt   |             | 1 tsp                        |              | 2 tsp                    |   |
| Frozen whole eggs, thawed<br>OR<br>Fresh large eggs<br>(see Special Tip) | 7 oz        | ¾ cup 2 Tbsp<br>OR<br>4 each | 14 oz        | 1 ⅔ cups<br>OR<br>8 each | 2. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.  |
| Water  |             | 1 ¼ cups                     |              | 2 ½ cups                 |   |
| Shortening   | 6 ½ oz      | 1 cup                        | 13 oz        | 2 cups                   |   |
| *Fresh bananas, mashed   | 1 lb 10 oz  | 2 ¾ cups                     | 3 lb 4 oz    | 1 qt 1 ½ cups            | 3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.  |
| Chopped walnuts (optional)   | 6 ½ oz      | 1 ½ cups                     | 13 oz        | 3 cups                   |   |
|  |             |                              |              |                          | 4. Pour 5 lb 10 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.               |
|  |             |                              |              |                          | 5. Bake until browned:<br>Conventional oven: 350° F for 35-45 minutes<br>Convection oven: 300° F for 25-35 minutes  |
|  |             |                              |              |                          | 6. Cool. Cut each pan 5 x 10 (50 pieces per pan).   |
|  |             |                              |              |                          | 7. For loaf pans: Pour 1 lb 14 oz (3 ⅓ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans. |
|  |             |                              |              |                          | Bake until browned:<br>Conventional oven: 350° F for 50-60 minutes<br>Convection oven: 300° F 40-50 minutes   |

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Remove from pans. Cool completely.

Cut each loaf into 17 slices, about 1/2" thick.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Bananas               | 2 lb 9 oz   | 5 lb 2 oz    |

### SERVING:

1 piece provides 1 serving of grains/breads.

### YIELD:

**50 Servings:** 1 steamtable pan  
OR  
3 loaves

**100 Servings:** 2 steamtable pans  
OR  
6 loaves

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### VOLUME:

**50 Servings:** about 2 quarts 2 cups (batter)  
50 pieces

**100 Servings:** about 1 gallon 1 quart (batter)  
100 pieces

### Special Tip:

For 50 servings, use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of eggs.

For 100 servings, use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs.

### Variations:

A. Banana Bread Squares (Using Master Mix B-01)

50 servings: Omit step 1. Blend 2 lb 7 1/2 oz (2 qt) Master Mix with 1 lb 1 oz (2 1/2 cups) sugar. In step 2, omit shortening. Continue with steps 3-6.

100 servings: Omit steps 1. Blend 4 lb 15 oz (4 qt) Master Mix with 2 lb 2 oz (1 qt 1 cup) sugar. In step 2, omit shortening. Continue with steps 3-6.

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## Nutrients Per Serving

|                     |         |                      |        |                      |         |
|---------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>     | 149     | <b>Saturated Fat</b> | 1.10 g | <b>Iron</b>          | 0.90 mg |
| <b>Protein</b>      | 2.41 g  | <b>Cholesterol</b>   | 17 mg  | <b>Calcium</b>       | 38 mg   |
| <b>Carbohydrate</b> | 25.56 g | <b>Vitamin A</b>     | 45 IU  | <b>Sodium</b>        | 130 mg  |
| <b>Total Fat</b>    | 4.31 g  | <b>Vitamin C</b>     | 1.4 mg | <b>Dietary Fiber</b> | 0.8 g   |