

BANANA BREAD SQUARES

Ingredients

3¼ Cups Whole-Wheat Flour	1 Teaspoon Ground Nutmeg	½ Cup Vegetable Shortening, Trans-Fat Free
1¼ Cups + 1 Tablespoon Sugar	½ Teaspoon Salt	1½ Cups Fresh Bananas, Mashed
⅛ Cup Instant Non-Fat Dry Milk	3½ Ounces Frozen Whole Eggs, Thawed	¾ Cup Chopped Walnuts (optional)
2½ Teaspoons Baking Powder	⅔ Cup Water	½ Cup Sweetened Coconut, Shredded (optional)
½ Teaspoon Baking Soda	1 Teaspoon Vanilla Extract	

Directions

- 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.
- Combine eggs, water, and vanilla in a large bowl. Stir well.
- Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
- 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.
- Pour 1 quart 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2½") lightly coated with pan-release spray.
- (Optional) Sprinkle coconut flakes on top of banana mixture before baking.
- Bake until golden brown in conventional oven at 350°F for 35–45 minutes OR in convection oven at 300°F for 25–35 minutes.
- Cut each pan 5 x 5 (25 pieces per pan).

YIELD:
25 SQUARES

Crediting

Provides a Grain/Bread and Meat/Meat Alternate at Snack:

Toddler
½ Square

Preschool
½ Square

School Age
1 Square

Adult
1 Square