



MACADAMIA NUT BANANA BREAD

September 4

National Macadamia Nut Day

INGREDIENTS

- 1 Pound Bananas (mashed)
- 1 Cup Sugar
- 2 Large Eggs
- 2 Teaspoons Vanilla Extract
- ½ Cup Vegetable Oil
- 2 Cups Flour (enriched or whole grain-rich)
- ½ Teaspoon Baking Powder
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Teaspoon Cinnamon
- 1 Cup Macadamia Nuts (chopped; divided)

DIRECTIONS

1. Preheat oven to 350° and spray loaf pan with baking spray.
2. Add bananas, sugar, eggs, vanilla and oil to stand mixer on medium speed until smooth, about 1 minute.
3. Sift together the flour, baking powder, baking soda, salt and cinnamon in a large bowl.
4. Add it to the stand mixer on low speed until just combined, about 30 seconds.
5. Mix in ¾ cup macadamia nuts with a spatula, then pour into loaf pan.
6. Top with remaining ¼ cup macadamia nuts.
7. Bake for 60-65 minutes. Cut into 12 slices.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

12 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	1 Slice	1 Slices