

Nutrition Education

Banana Bread

Making banana bread is a great activity to do with kids. Kids can measure ingredients, peel bananas, mash the bananas and help stir. At my house, we put the bananas in a blender to mash them. Children can peel the bananas, put them in the blender and push the buttons on the blender (with supervision). It is fun to let children smell the cinnamon before it goes into the recipe and my three year old especially loves to crack the eggs.

This simple recipe is also very easy to alter. Below, I have included the original recipe and also the altered version that I use. I like to experiment with recipes to make them healthier. The bread I make is a bit denser than your typical banana bread, but just as tasty according to my family.

The altered recipe uses whole wheat flour or whole wheat pastry flour to increase the fiber. I also sometimes use 1 cup of whole wheat flour and 1 cup of oat flour. I make oat flour by grinding up old fashioned oats in a blender or food processor.

In the modified recipe, the amount of sugar is cut in half. I have found that if you add 2 extra bananas that are very ripe (lots of brown spots) that the bread is just as sweet. If you don't have extra bananas, you can add 3/4 c. of unsweetened applesauce. Adding the extra bananas or applesauce also makes it possible to reduce the oil down to 1/4 cup and still have moist bread.

Banana Bread	Healthier Banana Bread
2 cups flour 1 t. baking soda 1 t. baking powder 1 t. salt 2 eggs 1 c. sugar 4 very ripe bananas 1 t. vanilla 1/2 c. vegetable oil 1t. cinnamon	2 cups whole wheat pastry flour 1 t. baking soda 1 t. baking powder 1 t. salt 2 eggs 1/2 c. sugar 6 very ripe bananas 1 t. vanilla 1/4 c. canola oil 1t. cinnamon
Preheat oven to 350 degrees. Combine flour, baking soda and powder and salt. In another bowl, cream together eggs and sugar, stir in mashed bananas, vanilla, oil and cinnamon. Stir in flour mixture, 1/3 at a time until just combined. Divide batter into two 9x5 loaf pans and bake for one hour.	Preheat oven to 350 degrees. Combine flour, baking soda and powder and salt. In another bowl, cream together eggs and sugar, stir in mashed bananas, vanilla, oil and cinnamon. Stir in flour mixture, 1/3 at a time until just combined. I usually bake this in a 9x13 pan for about 30 minutes. Baking time can vary with different ovens, so check bread with a toothpick. When the toothpick comes out clean, the bread is done.

