SHOPPING LIST

Banana Bread

- Bananas
- Sugar
- Unsalted Butter
- Eggs
- Vanilla Extract
- All-Purpose Flour
- Graham Flour
- Baking Soda
- Kosher Salt

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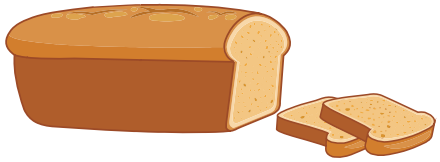
Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Banana Bread

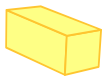


VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	12
YES	Over 1 Hour	Medium	

YOU WILL NEED

4 over-ripe bananas

¾ cup sugar



1 stick unsalted butter, melted and cooled slightly

2 large eggs, at room temperature

1 teaspoon vanilla extract

¾ cup all-purpose flour

¾ cup Graham flour

1 ½ teaspoons baking soda

½ teaspoon kosher salt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Adjust the oven rack to the middle position and heat the oven to 350 degrees. Spray a 9 by 5-inch loaf pan with nonstick cooking spray.

STEP 2: Combine the bananas and sugar in the bowl of a standing mixer fitted with the whisk attachment, and mix on medium speed until smooth, 2 to 3 minutes.

STEP 3: Add the butter, eggs, and vanilla extract, and continue mixing until well incorporated, about 1 minute longer, scraping down the sides of the bowl as needed. Add the flours, baking soda, and salt, and mix on low speed until just combined.

STEP 4: Pour the batter into the prepared loaf pan and bake until golden brown and firm in the center, about 1 hour. Cool in the loaf pan for 5 minutes, then turn out onto a wire rack and cool completely before cutting.

Nutrition Facts

Serving Size (86g)
Servings Per Container 12

Amount Per Serving
Calories 210 Calories from Fat 80

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 250mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 3g	

Vitamin A 6% • Vitamin C 6%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4