

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. My kids peel the bananas, put them in the blender and push the buttons on the blender (with supervision). My kids love to smell the cinnamon before we put it in and are also pretty good at cracking 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.

1. I always use whole wheat flour to increase the fiber.
2. I cut the amount of sugar in half. I have found that if you add 3 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.
3. The extra bananas or applesauce also make it possible to reduce the oil down to 1/4 cup.

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 flour 1 t. baking soda 1 t. baking powder 1 t. salt 2 eggs 1/2 c. sugar 7 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 45 minutes. Baking time can vary with different ovens, so check bread with a toothpick. When the toothpick comes out clean, the bread is done.

