



RECIPES TO SHARE



Lincoln University Cooperative Extension Human Nutrition and Health Program




Banana Bread

1 ½ c unbleached, unbromated flour	1 ½ tsp baking powder	1 c raisins (optional)
½ c whole wheat flour	1 tsp baking soda	1/2 tsp. ground nutmeg
½ c rolled oats	3 overripe bananas mashed with a fork (~ 1 c mashed)	2 tsp ground cinnamon
½ c white sugar	2 large eggs (at room temperature)	½ c chopped pecans or walnuts (opt)
1/c packed brown sugar	1 c buttermilk (at room temperature)	1 tsp of ground flax (opt)
½ tsp salt	¼ cup canola oil	1 tsp ground hemp seeds (opt)
2 tbsp honey	¼ cup melted butter	1 tsp. vanilla

How-To

1. Wash your hands. 
2. Preheat the oven to 350°. Use pan spray or oil to grease a 9 x 5 loaf pan. (You can also split this into muffin tins or 4 small loaf pans.)
3. Use a food processor to process the rolled oats to form a fine meal.
4. Stir together the flours, the flax and hemp (optional) the oats, baking powder, baking soda, salt, cinnamon, nutmeg, nuts and raisins (optional) and white sugar in a bowl. Mix well or use a whisk to make sure the dry ingredients are well mixed.
5. In a large bowl mash the bananas, add the eggs and mix well.
6. Add the buttermilk, oil, butter, brown sugar, honey and vanilla and mix well until all the wet ingredients are combined (make sure the brown sugar is blended well)
7. Stir the dry ingredients into the wet ingredients until the dry ingredients are just moistened (be careful not to overmix).
8. Pour the batter into the prepared pan.
9. Bake for 1 hour, then check it with a toothpick or a butterknife inserted in the center. When the knife or toothpick comes out clean with no batter, it is ready. You may need to bake an additional 10-15 minutes.
10. Let the bread cool in the pan (sitting on a wire rack if available) for 10 minutes. Then remove it from the pan or the muffin paper. Let it cool all the way. These types of breads taste better at room temperature.
11. Store in the refrigerator for up to 3 days (wrap it in plastic) 
Freeze for 3 months.

 **BECAUSE WE CARE.** This symbol indicates a point in the recipe where there is potential for food borne illness. Take care to keep hot food hot, cold food cold, and prevent cross contamination. Wash your hands. Wash all fresh produce.

For more information, contact your local Lincoln University Cooperative Extension nutritionist or Sarah J. Eber MPH, RD, LD, CDE Human Nutrition and Health Program Coordinator
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