

Banana Bread

Makes 1 loaf | 8 servings | **Fruit** • **Grains**

Ingredients

- 2 eggs
- ⅓ cup low-fat milk
- ⅓ cup sugar
- ½ teaspoon baking soda
- 1¼ cups mashed bananas (about 3 bananas)
- 2½ cups *CNP Master Mix* (see back)
- ¼ cup chopped nuts (optional)
- Nonstick spray

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray a 9x5x3-inch with nonstick spray.
4. Beat eggs, water, and sugar in a bowl until well blended. Add baking soda and bananas.
5. Stir in *CNP Master Mix* and nuts until all dry ingredients are coated.
6. Pour into a 9x5x3-inch loaf pan.
7. Bake at 350°F for 40 - 45 minutes or until brown.

CNP Master Mix

Makes 9 cups | Grains

Ingredients

- 4 cup all-purpose flour
- 4 cup whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large bowl combine flours, baking powder, sugar, and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in a tightly covered container in refrigerator. Keeps 3 months in refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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