



Loaf - Banana

Makes: 50+ child servings [4 loaves (40 slices)]

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	bananas, ripe (approx. 12)	1.5 L
1 cup	vegetable oil	250 mL
1 ½ cups	brown sugar	375 mL
6	eggs, beaten	6
6 cups	whole wheat flour	1.5 L
2 tsp	baking powder	10 mL
2 tsp	baking soda	10 mL
2 cups	flax seed, ground	500 mL

Instructions

1. Preheat oven to 375°F (190°C).
2. Combine oil, eggs, and sugar.
3. Using a potato masher or food processor, process bananas until smooth. Add bananas to creamed mixture.
4. In another bowl, mix together flour, baking soda, baking powder, and flax.
5. Add flour mixture to wet ingredients. Stir until just combined. (Batter will be stiff.)
6. Line four 8 ½ X 4 inch (1.5 L) rectangular loaf pans with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
7. Divide batter and press into pans with a fork.
8. Bake for 45 – 50 minutes until top is golden.

Note: Divide each loaf into 10 equal slices. Extra loaf can be frozen.

Nutrition Information

Serving ½ Loaf slice
(40 g)

Calories 120

Fat 5 g

Saturated 1 g

+ Trans 0 g

Sodium 50 mg

Carbohydrates 17 g

Fibre 3 g

Sugars 6 g

Protein 3 g

Calcium 30 mg

Iron 1 mg

Food Guide Servings

¼ Vegetable & Fruit

½ Grain Product