

# Banana bread

just for kids!

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## What ingredients do I need?

2 eggs  
1 3/4 c. sifted flour  
2 tsp. baking powder  
1/4 tsp. baking soda  
1/2 tsp. salt  
1/3 c. vegetable oil  
2/3 c. sugar  
1 c. mashed bananas  
(about 3 bananas)  
Bread pan coated  
with non-stick spray



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## Directions:

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, mix flour, baking powder, baking soda, and salt.
4. In a large bowl, add vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.
5. Add the eggs to the mixture in the large bowl and beat well.
6. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.
7. Pour mixture into the baking pan. Bake for 70 minutes.
8. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share! Wrap slices individually for easy breakfast to-go!

## Nutrition Facts

Serving size 1 slice

### Amount Per Serving

Calories 145

**Total fat** 5g

Saturated fat less than 1g

Trans fat 0g

**Cholesterol** 27mg

**Sodium** 155mg

**Potassium** 0g

**Total carbohydrate** 24g

Fiber 1g

Sugars 0g

**Protein** 2g

**Calcium** 37mg

**Iron** 0.8mg

Prep time: 90 minutes  
Makes 16 slices