



THE WHOLE BANANA BREAD

DOING GOOD

ELIOR NORTH AMERICA

THE WHOLE BANANA BREAD



SERVING SIZE
1 Slice



YIELD
1 Loaf/10 Slices



METHOD
Bake

1 ½ cup All Purpose Flour
¼ tsp Baking Soda
¼ tsp Baking Powder
¼ tsp Kosher Salt
1 ½ cup Sugar
1 tsp Ground Cinnamon
3 tbsp Cocoa Powder
14 oz Banana, Fresh
3 tbsp Water
3 tbsp Canola & Olive Oil
½ cup Almond Milk,
unsweetened
2 tsp Vanilla Flavoring
2 sprays Pan Coating Spray
¼ cup, 1 Mini Semi-Sweet
1/3 tbsp Chocolate Chips

1. Preheat oven to 350 F. If using convection oven, turn fan off.
2. In a bowl, combine only the dry ingredients: flour, baking soda, baking powder, salt, sugar, cinnamon and cocoa powder.
3. Place the banana peel, water, oil, almond milk and vanilla into a blender. Process until smooth.
4. Pour the pureed banana peel mixture into the dry ingredients and mix until smooth.
5. Add chocolate chips and reserved diced banana and mix to incorporate thoroughly.
6. Spray loaf pan with pan spray and then pour batter into the pan. Bake 35-40 minutes at 350 F (If using a convection oven turn fan off). Test doneness at 35 minutes by gently inserting toothpick in center of loaf and if removed clean, bread is done.

PER SERVING: 300 CALORIES | 7 G TOTAL FAT
2 G SATURATED FAT | 0 G TRANS FAT
0 MG CHOLESTEROL | 95 MG SODIUM | 60 G CARBOHYDRATE
3 G FIBER | 3 G PROTEIN