



Banana Nut Bread



About This Recipe

Serves: 10+
 Mess Rating: 1 (out of 5)
 Prep Time: 10 minutes
 Cook Time: 60 minutes
 Total Time: 70 minutes
 *Have your A.G.
 (Adult Guide) help you

Equipment

2 Large bowls
 1 Sifter
 1 Spoon
 1 Loaf Pan
 1 Set of measuring cups
 2 Oven mitts

Ingredients

3 bananas
 2 eggs
 1/4 cup vegetable oil
 1/2 teaspoon vanilla
 1 cup white flour
 1 cup whole wheat flour
 1 teaspoon salt
 1 teaspoon baking soda
 1 teaspoon brown sugar
 1 cup walnuts, chopped
 Spraying oil

Preparation:

Step 1: Mixin' it Up:

Mix the bananas, eggs, vegetable oil and vanilla together in the bowl. Mash the bananas as you mix.

Step 2: Combine Dry Ingredients:

Sift together the white flour, wheat flour, salt and baking soda in another bowl.

Step 3: Combine Mixtures:

Stir the banana mixture into the mixture of dry ingredients.

Step 4: Add Final Ingredients:

Add the walnuts into the batter and stir well. Make sure the wet and dry ingredients are thoroughly combined.

Cooking Steps:

Step 5: Preheat the Oven:

With adult assistance, turn on oven to 350 degrees.

Step 6: Prepare for Baking:

Spray the loaf pan with cooking oil and sprinkle the pan with flour. Put the banana batter into the pan and sprinkle brown sugar on top.

Step 7: Bake:

Bake for 1 hour at 350 degrees.

Step 8: Serve!

With the help of your A.G. (Adult Guide), remove the loaf pan from oven using oven mitts. Lets cool for 10 minutes. Serve to friends and family!

Nutrition Information:

Calories: 260 kCal

Protein: 6 grams

Fat: 15 grams

Saturated Fat: 2 grams

Sugars: 5 grams

Sodium: 375 mg