

LYONS
THICK
& EASY®

Level 4 Pureed Banana Bread





Level 4 Pureed Banana Bread

IDDSI LEVELS   



INGREDIENTS

	1 SERVINGS	8 SERVINGS	16 SERVINGS
THICK & EASY® Pureed Bread & Dessert Mix Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	2 tsp	1/3 cup	2/3 cup
Brown sugar	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Cinnamon	1/8 tsp	1 tsp	2 tsp
Vanilla extract	1/16-1/8 tsp	1/2 tsp – 3/4 tsp	1 tsp – 1 1/2 tsp
Water, hot	1 Tbsp	1/2 cup	1 cup
Ripe banana, mashed	1 Tbsp	1/2 cup	1 cup
Pan Size	Small dish or muffin cup	Mini loaf pans or muffin cups	9x4 loaf pan

NUTRITION

Serving Size:
About 1/4 cup or #16 scoop
Calories: 140
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 70mg
Total Carb: 17g
Dietary Fiber: 0g
Total Sugars: 6g
Added Sugars: 1g
Protein: 2g
Vitamin D: 0% DV
Calcium: 6% DV
Iron: 0% DV
Potassium: 0% DV

DIRECTIONS

1. Lightly spray pan(s) with non-stick cooking spray.
2. Combine brown sugar, cinnamon, and **THICK & EASY® Pureed Bread & Dessert Mix**. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract to hot water. Add to bread mixture and stir briskly with wire whip until blended.
4. Add mashed banana and stir well.
5. Immediately portion into loaf pan(s) or muffin cups.
6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
7. Carefully remove banana bread from pan and cut into 16 slices per loaf.
8. Serve one slice or one muffin sized portion per serving.

SERVING SUGGESTION

- This recipe can also be used as banana muffins or banana cake.
- Create banana pancakes by spreading banana bread mixture into 3 or 4-inch circles.