



Banana Bread!

Pamela's Product Recipe

Prep Time: 10 minutes

Cooking Time: 1 hour

PANS/EQUIPMENT: Loaf pan (large), mixer

Preheat Burner: 350 degrees Fahrenheit

First grease loaf pan.

4 Tablespoons butter, melted

1/2 cup sugar or honey

2 eggs

1 banana, mashed

Beat together butter, sugar or honey, eggs and banana.

1 3/4 cups Pamela's Baking & Pancake Mix

1/2 teaspoon sea salt

1/2 teaspoon vanilla

1/2 cup nuts (optional)

Add to butter, honey, egg, banana mix. Mix together. Pour into loaf pan. Place into oven. Bake for 1 hour or until an inserted toothpick comes out clean.

OPTION: Replace banana with other fruit of choice such as blueberries or apples. Replace butter with canola oil.

5 God-made Food Colors: white, golden, yellow, tan, brown

7 Food Groups: essential fatty acids (EFAs), sweet, eggs, fruit, grains, nuts, spices.

Though this takes an hour to bake, it is worth. Mini muffin sizes takes 20 just minutes. Serve slices with cream cheese on top for breakfast. Slices also make a great snack to fill tummies before afternoon schedules. You could even double this recipe and freeze some for future use. Kids who love bananas, LOVE this banana bread.



The Kid Critics gobbled up every spare crumb. Adding berries adds extra colors for more phytonutrients. Have fun and be creative with the base of this recipe, as well as its spread. Ask your kids for ideas. Ask them to prepare and bake it for you. They make it, they'll own it and eat it!