

# Banana Bread

## Baking



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### WHAT MAKES IT MEANINGFUL

Baking teaches us to be more cognizant of what we put into our bodies daily. It can increase feelings of wellbeing, contribute to stress relief, and can bring a sense of connection to others. It helps develop fine motor skills with measuring, stirring, spooning as well as language and math skills.

### TIME

Total 1 Hr 20 minutes

Cook: 1 Hr 5 minutes

Prep: 15 minutes

### MATERIALS

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter
- ¾ cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas
- ½ cup walnuts or pecans or chocolate chips (optional)



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## INSTRUCTIONS

Step 1

Preheat oven to 350 (175 degrees C) Lightly grease a 9x5 inch loaf pan.

Step 2

In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended.

Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Step 3

Bake in preheated oven for 60 to 65 minutes, until toothpick inserted into centre of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

## RESOURCES

[www.allrecipes.com](http://www.allrecipes.com)

[www.simplerecipes.com](http://www.simplerecipes.com)

[www.foodnetwork.com](http://www.foodnetwork.com)

[www.hersheys.ca](http://www.hersheys.ca)

## SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group.

## OTHER THINGS TO NOTE:

Servings: 12

Yield: 1 loaf

Per serving: 229 calories; protein 3.8g;  
carbohydrates 34.8g; fat 8.8g; cholesterol  
51.3mg; sodium 222.9mg