

Name: \_\_\_\_\_ Period: \_\_\_\_\_

# Banana Bread

<p><b><u>Regular</u></b> 3 Bananas 2 eggs 1 cup sugar ¼ cup + 2 tbsp oil 2 cups flour ½ teaspoon soda 1 teaspoon salt 1 teaspoons baking powder ¼ cup chopped nuts</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>	<p><b><u>Low Sugar</u></b> 3 Bananas 2 eggs ½ cup sugar ¼ cup + 2 tbsp oil 2 cups flour ½ teaspoon soda 1 teaspoon salt 1 teaspoons baking powder ¼ cup chopped nuts</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>
<p><b><u>Low Fat</u></b> 3 Bananas 1 egg + 2 egg whites 1 cup sugar 2 tbsp oil ¼ cup fat free vanilla yogurt 2 cups flour ½ teaspoon soda 1 teaspoon salt 1 teaspoons baking powder ¼ cup chopped nuts</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>	<p><b><u>Low Salt</u></b> 3 Bananas 2 eggs 1 cup sugar ¼ cup + 2 tbsp oil 2 cups flour ½ teaspoon soda ½ teaspoon salt 1 teaspoons baking powder ¼ cup chopped nuts</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>

## Directions:

1. Preheat oven to 325
2. Grease and flour loaf pans (1 large or 4 small)
3. Mash bananas, add eggs, sugar and oil (yogurt). Mix by hand until well blended.
4. In another bowl mix flour, soda, salt and baking powder. Add this to the banana mixture. Mix until blended. Add the nuts and mix again briefly. DON'T OVER MIX!!!
5. Pour in pans, bake 20-30 minutes. (50-60 minutes for a large loaf)

# Cranberry Bread

<p><b><u>Regular</u></b>            2 cups flour            1 tsp salt            ½ tsp baking powder            ½ tsp baking soda            1 cup sugar            1 egg, beaten            2 tbsp water            2 tbsp shortening            ½ cup orange juice            ½ cup chopped nuts            1 cup fresh cranberries, chopped            Zest of one orange</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>	<p><b><u>Low Sugar</u></b>            2 cups flour            1 tsp salt            ½ tsp baking powder            ½ tsp baking soda            ½ cup sugar            1 egg, beaten            2 tbsp water            2 tbsp shortening            ½ cup orange juice            ½ cup chopped nuts            1 cup fresh cranberries, chopped            Zest of one orange</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>
<p><b><u>Low Fat</u></b>            2 cups flour            1 tsp salt            ½ tsp baking powder            ½ tsp baking soda            1 cup sugar            1 egg, beaten            2 tbsp hot water            2 tbsp fat free vanilla yogurt            ½ cup orange juice            ½ cup chopped nuts            1 cup fresh cranberries, chopped            Zest of one orange</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>	<p><b><u>Low Salt</u></b>            2 cups flour            ½ tsp salt            ½ tsp baking powder            ½ tsp baking soda            1 cup sugar            1 egg, beaten            2 tbsp water            2 tbsp shortening            ½ cup orange juice            ½ cup chopped nuts            1 cup fresh cranberries, chopped            Zest of one orange</p> <p><b><u>Comments: (Texture, flavor, taste)</u></b></p>

## Directions:

1. Preheat oven to 350
2. Grease and flour loaf pans (1 large or 4 small)
3. In a bowl mix flour, salt, baking powder, baking soda and sugar together.
4. Heat the water and shortening in the microwave until the shortening is melted. (Low fat heat only the water) Combine the egg, water, shortening (yogurt) and orange juice.
5. Add the dry ingredients. Mix only until incorporated. DON'T OVER MIX!!! Stir in cranberries, zest and nuts by hand.
6. Pour in pans, bake 20-30 minutes. (Large pan bake 50-60 minutes)