Name:	Period:

Banana Bread

Low Sugar Regular 3 Bananas 3 Bananas 2 eggs 2 eggs ½ cup sugar 1 cup sugar 1/4 cup + 2 tbsp oil ½ cup + 2 tbsp oil 2 cups flour 2 cups flour ½ teaspoon soda ½ teaspoon soda 1 teaspoon salt 1 teaspoon salt 1 teaspoons baking powder 1 teaspoons baking powder 1/4 cup chopped nuts ½ cup chopped nuts

Comments: (Texture, flavor, taste) Comments: (Texture, flavor, taste)

Low Fat Low Salt 3 Bananas 3 Bananas

1 egg + 2 egg whites 2 eggs

1 cup sugar 1 cup sugar 2 tbsp oil 1/4 cup + 2 tbsp oil 1/4 cup fat free vanilla yogurt 2 cups flour

2 cups flour ½ teaspoon soda ½ teaspoon soda ½ teaspoon salt

1 teaspoon salt 1 teaspoons baking powder

1 teaspoons baking powder ½ cup chopped nuts

1/4 cup chopped nuts

Comments: (Texture, flavor, taste)

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.

Comments: (Texture, flavor, taste)

- In another bowl mix flour, soda, salt and baking powder. Add this to the 4. 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

Granisch y Bread	
Regular	Low Sugar
2 cups flour	2 cups flour
1 tsp salt	1 tsp salt
½ tsp baking powder	½ tsp baking powder
½ tsp baking soda	½ tsp baking soda
1 cup sugar	½ cup sugar
1 egg, beaten	1 egg, beaten
2 tbsp water	2 tbsp water
2 tbsp shortening	2 tbsp shortening
½ cup orange juice	½ cup orange juice
½ cup chopped nuts	½ cup chopped nuts
1 cup fresh cranberries, chopped	1 cup fresh cranberries, chopped
Zest of one orange	Zest of one orange
Comments: (Texture, flavor, taste)	Comments: (Texture, flavor, taste)
Comments: (Texture, flavor, taste)	Comments: (Texture, flavor, taste)
Comments: (Texture, flavor, taste)	Comments: (Texture, flavor, taste)
Comments: (Texture, flavor, taste) Low Fat	Comments: (Texture, flavor, taste) Low Salt
Low Fat	Low Salt
Low Fat 2 cups flour	Low Salt 2 cups flour
Low Fat 2 cups flour 1 tsp salt	Low Salt 2 cups flour ½ tsp salt
Low Fat 2 cups flour 1 tsp salt ½ tsp baking powder	Low Salt 2 cups flour ½ tsp salt ½ tsp baking powder
Low Fat 2 cups flour 1 tsp salt ½ tsp baking powder ½ tsp baking soda	Low Salt 2 cups flour ½ tsp salt ½ tsp baking powder ½ tsp baking soda
Low Fat 2 cups flour 1 tsp salt ½ tsp baking powder ½ tsp baking soda 1 cup sugar	Low Salt 2 cups flour ½ tsp salt ½ tsp baking powder ½ tsp baking soda 1 cup sugar
Low Fat 2 cups flour 1 tsp salt ½ tsp baking powder ½ tsp baking soda 1 cup sugar 1 egg, beaten	Low Salt 2 cups flour ½ tsp salt ½ tsp baking powder ½ tsp baking soda 1 cup sugar 1 egg, beaten

Comments: (Texture, flavor, taste)

1 cup fresh cranberries, chopped

Comments: (Texture, flavor, taste)

1 cup fresh cranberries, chopped

½ cup chopped nuts

Zest of one orange

Directions:

1. Preheat oven to 350

½ cup chopped nuts

Zest of one orange

- 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)