

Whole Wheat Banana Spice Squares



Low in fat
Zero trans fat
Zero cholesterol

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Number of portions: **60** Size of portion: **3" x 2" square**

Ingredient	Measure	Procedure
Whole wheat flour	1 2/3 cups	Preheat convection oven to 350° Combine dry ingredients in bowl.
White flour, all purpose	3 1/3 cups	
Sugar	4 cups	
Baking powder	1 tbsp.	
Baking soda	1 tbsp.	
Cloves, ground	2 tsp.	
Nutmeg, ground	2 1/2 tsp.	
Cinnamon, ground	1 tbsp.	
Butter Buds,® dry mix	1/2 cup, 1 tbsp, prepared	In separate bowl, prepare Butter Buds - 1/2 cup prepared (mix 1/4 cup dry Butter Buds with 1/2 cup warm water and stir.) 1 tbsp prepared (mix 1 tsp. dry Butter Buds with 1 tbsp warm water and stir.) Stir in buttermilk, bananas and eggs. Beat with mixer at low speed until well blended. Gradually add dry ingredients and beat until well blended. Prepare 18 x 26 sheet pan(s) with Buttermist Pan spray. Pour batter into prepared pan(s). Bake 20-25 minutes, or until toothpick inserted in center comes out clean. Transfer pan to cooling rack. One sheet pan cut 6 x 10.
Buttermilk, low fat	2 cups	
Egg	6 large	
Bananas	1 cup, mashed	

Nutritional Information

Calories	108	Iron	0.60 mg	Protein	2.13 g	7.88% Calories from protein
Cholesterol	21 mg	Calcium	30.09 mg	Carbohydrates	23.60 g	87.39% Calories from carbohydrates
Sodium	137 mg	Vitamin A	30.0 IU	Total Fat	0.76 g	6.36% Calories from total fat
Dietary Fiber	0.81 g	Vitamin A	10.6 RE	Saturated Fat	0.26 g	2.13% Calories from saturated fat
		Vitamin C	0.48 mg	Trans Fat¹	0.00* g	% Calories from trans fat

Note: * - denotes combined nutrient totals with either missing or incomplete nutrient data