

BUTTER BUDS®

WHOLE WHEAT BANANA SPICE SQUARES

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

Whole Wheat Flour	1 2/3 cups	Preheat convection oven to 350°
White flour, all purpose	3 1/3 cups	Combine dry ingredients in bowl.
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
Buttermilk, lowfat	2 cups	1/4 cup dry Butter Buds® with 1/2 cup warm water and stir.)
Egg	6 large	1 tbsp prepared (mix 1 tsp. dry Butter Buds® with 1 tbsp warm
Bananas	1 cup mashed	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.

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 Fat 1 0.00* g % Calories from trans fat

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