Banana Breakfast Cake

They learn from watching you. Eat fruits and veggies and your kids will too.

Serves 9

1 cup	**100% Orange Juice**	2 small	**Bananas** (sliced)
⅔ cup	**Instant Dry Milk**	1½ cups	Flour
1¼ cup	**Bran Flakes Cereal**	½ cup	Sugar
¼ cup	Raisins	1 teaspoon	Baking Soda
¼ cup	Vegetable Oil	1 teaspoon	Cinnamon (ground)
1 large	**Egg**	½ teaspoon	Salt

1. Preheat oven to 350°F; spray a 8"x8" square pan with cooking spray.
2. In a medium bowl, combine orange juice and milk; stir in bran cereal and raisins; let stand until soft, about 2 minutes.
3. Mix in oil, egg and bananas.
4. Add flour, sugar, baking soda, cinnamon and salt; stir until just moistened; batter will be lumpy.
5. Spread in pan; bake 40-45 minutes or until top springs back when lightly touched.

Foods in **bold** are WIC approved

Original recipe from Food for Tots

CT Department of Public Health
SNAP-Ed Program
410 Capitol Avenue
Hartford, CT 06134
860.509.8251

Nutrition Facts

Serving Size 1/9 recipe (122g)
Servings Per Container 9

Amount Per Serving	
Calories 300	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Cholesterol 20mg	**7%**
Sodium 310mg	**13%**
Total Carbohydrate 51g	**17%**
Dietary Fiber 3g	**12%**
Sugars 28g	
Protein 11g	

Vitamin A 2%	• Vitamin C 10%
Calcium 30%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300 mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- Make sure bananas are thinly sliced
- Add the instant dry milk as a powder
- Always use 100% juice and go easy on fruit juices
- Serve cake for breakfast or dessert
- Use 1½ cups of raisin bran flakes cereal instead of bran flakes cereal and raisins

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-842-1508.