

A-Peeling Banana Bread

01/27/2023

[Print](#)



(Adapted from Kids Eats by Shanai)

Prep time: 15 minutes

Cook Time: 50 minutes

Total Time: 1 hour 5 minutes

Yield: 1 (9-inch) loaf, about 12 slices

Ingredients

- 6 banana peels, washed with the tips cut off
- ½ cup water
- ¾ cup sugar
- 1/3 cup melted butter
- ¼ cup sour cream (or plain Greek yogurt)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ½ cups whole wheat flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon table salt
- ½ cup add-ins (optional: chocolate chips, walnuts, dried fruit, shredded coconut, etc.)



Directions

1. If banana peels are frozen, pull them out of the freezer and allow to thaw for 20-30 minutes.
2. Preheat oven to 350 degrees F. Grease a 9" loaf pan.
3. Put the banana peels in the food processor with the water and pulse until smooth, scraping down sides as needed.
4. Add the sugar, butter, sour cream (or yogurt), egg, and vanilla extract to the food processor. Pulse again until ingredients are mixed evenly.
5. Whisk (stir with a light rapid movement) together the flour, cinnamon, baking soda, and salt in a medium mixing bowl.
6. Add the wet ingredients from the food processor into your bowl and stir, being careful not to overmix. The batter shouldn't have any large dry spots, but it is ok if it still a little lumpy because overmixing will cause your bread to be tough and chewy.
7. If using add-ins, fold in (mix very gently, lifting the batter and turning it over) using a spatula.
8. Pour the batter into the loaf pan evenly and if using, sprinkle some of the add-ins on top for decoration.
9. Bake for 45-55 minutes, until a skewer or sharp knife inserted in the middle of the pan comes out clean or with only a few moist crumbs.
10. Allow to cool for 5 minutes, then remove from loaf pan and allow to completely cool on a baking rack before slicing. (Or, enjoy it warm with butter, but fair warning it won't slice as clean!)
11. Cover and store up for 3-7 days at room temperature, or 2-3 months in the freezer.

Notes

- Store banana peels in the freezer until you are ready to bake. Don't worry if your peels turn black, it won't affect the flavor though this will make your bread darker (see recipe photo).
- Cut into thick slices, package individually and store in the freezer for 2-3 months. They reheat great in the toaster!

Authors

Meghan Adair, Dietetics Student; Carrie Durward, Ph.D., RD, Extension Nutrition Specialist

```
(function() { document.querySelectorAll('.carousel-control[data-slide="prev"]').forEach(function(prevControl)
{ prevControl.setAttribute('aria-label', 'Previous'); }); document.querySelectorAll('.carousel-control[data-
slide="next"]').forEach(function(nextControl) { nextControl.setAttribute('aria-label', 'Next'); });
document.addEventListener('DOMContentLoaded', function() { // Query all images within the fourColumnCarousel
inside embed-feed const images = document.querySelectorAll('.embed-feed .fourColumnCarousel .img-
fluid'); images.forEach(img => { // If the image alt attribute is empty or missing, set it to "Article thumbnail" if (!
img.getAttribute('alt') || img.getAttribute('alt').trim() === "") { img.setAttribute('alt', "Article thumbnail"); } }); }); // Closes
the IIFE
```