

## Banana Bread

| Ingredients             | Grams | Baker's % |
|-------------------------|-------|-----------|
| Pea protein concentrate | 28    | 11        |
| Water at 75°C           | 84    | 34        |
| Vanilla extract         | 6     | 2.4       |
| Ripe bananas            | 122   | 49        |
| Sour cream              | 112   | 45        |
| Butter, melted          | 147   | 59        |
| All purpose flour       | 250   | 100       |
| Sugar                   | 180   | 72        |
| Baking soda             | 5     | 2.0       |
| Baking powder           | 4     | 1.6       |
| Salt                    | 3     | 1.2       |
| Chopped walnut          | 131   | 52        |
| Semi sweet chocolate    | 100   | 40        |

### Procedure:

1. Mix pea protein concentrate with water and vanilla extract.
2. Puree with banana and sour cream.
3. Sift together dry ingredients.
4. Combine wet and dry ingredients until absorbed.
5. Fold in chopped walnut and semi sweet chocolate.
6. Pour the mixture to 2 loaf pans (9 ¼ x 5 ¼ x 2 ½ ).
7. Bake at 350°F for 60 minutes. Mix pea protein concentrate mixture with milk, and vegetable oil.

### Nutrition Facts

|  |                             |                        |            |
|--|-----------------------------|------------------------|------------|
| Serving Size (49g)   |                             | Servings Per Container |            |
| Amount Per Serving   |                             |                        |            |
| <b>Calories 180</b>  | <b>Calories from Fat 90</b> |                        |            |
|  |                             | % Daily Value*         |            |
| <b>Total Fat 10g</b>   |                             |                        | <b>15%</b> |
| Saturated Fat 5g   |                             |                        | <b>25%</b> |
| Trans Fat 0g   |                             |                        |            |
| <b>Cholesterol 15mg</b>  |                             |                        | <b>5%</b>  |
| <b>Sodium 125mg</b>  |                             |                        | <b>5%</b>  |
| <b>Total Carbohydrate 20g</b>  |                             |                        | <b>7%</b>  |
| Dietary Fiber 1g   |                             |                        | <b>4%</b>  |
| Sugars 11g   |                             |                        |            |
| <b>Protein 3g</b>  |                             |                        |            |
| Vitamin A 4%   |                             | Vitamin C 0%           |            |
| Calcium 2%   |                             | Iron 6%                |            |
| *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                  | 300mg      |
| Sodium   | Less than                   | 2,400mg                | 2,400mg    |
| Total Carbohydrate   |                             | 300g                   | 375g       |
| Dietary Fiber  |                             | 25g                    | 30g        |
| Calories per gram:   |                             |                        |            |
|  | Fat 9                       | Carbohydrate 4         | Protein 4  |



Northern  
Pulse Growers  
Association

1710 Burnt Boat Drive, Bismarck, ND 58501

701-222-0128

www.northernpulse.com