

RECIPE TRAIL PRESENTED BY



Soy Banana Bread

INGREDIENTS

- 2 ripe bananas, mashed
- 1/3 cup soybean oil (vegetable oil)
- 1/2 cup soymilk
- 2/3 cup sugar
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- Optional: 1/2 cup chopped walnuts or chocolate chips



INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and grease a 9x5 inch loaf pan.
2. In a large bowl, mix together the mashed bananas, soybean oil, soymilk, and sugar.
3. In another bowl, combine the flour, baking powder, baking soda, and salt.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined.
5. Fold in walnuts or chocolate chips if using.
6. Pour the batter into the prepared loaf pan.
7. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean.
8. Let the bread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

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FUN FACTS

- Indiana ranks **3rd** in the nation for acres of soybeans planted.
- The soybean plant is a legume related to peas, clover and alfalfa.
- A bushel of soybeans weighs 60 pounds (27.22 kg) and produces about 12 pounds of oil and 47 pounds of protein-rich meal.
- Each soybean plant produces 60 to 80 pods, each holding three pea-sized beans.