

Banana Bread

Cuisine: **French**

Food category: **Pastry**



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Company: **Retigo**



Program steps

Preheating: **180 °C**

1 Hot air 90 % Termination by time 00:55 hh:mm 175 °C 100 %

Ingredients - number of portions - 6

Name	Value	Unit
unbleached all-purpose flour	250	g
baking soda	6	g
salt	5	g
bacon	115	g
Vergeoise	150	g
chicken eggs	2	pcs
yogurt	80	g
bananas	350	g
vanilla extract	4	g

Nutrition and allergens

Allergens: 1, 3

Minerals: Ca, Carbonate, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Sodium, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	362.3 kJ
Carbohydrate	68.4 g
Fat	6.1 g
Protein	9.3 g
Water	9 g

Directions

In a mixing bowl, sift together the flour, baking soda, and salt. Set aside.

In the bowl of a stand mixer fitted with a paddle attachment, cream the softened butter with the brown sugar on medium-high speed for about 3 minutes, until you obtain a light and creamy mixture.

With the mixer running on medium speed, add the eggs one at a time, allowing them to fully emulsify between each addition. Scrape down the sides of the bowl if necessary.

Incorporate the yogurt, vanilla extract, and mashed bananas (previously blended for a smooth texture). Mix until you achieve a smooth batter.

Add the sifted dry ingredients to the wet ingredients. Mix on low speed just enough to combine the batter. Avoid overmixing to ensure a tender texture.

Pour the batter into a previously greased and lined loaf pan.

At halfway through baking, cover the pan with aluminum foil to prevent excessive browning.