Banana Walnut Bread

FOOD
SERVICE

Banana bread is an excellent way to use up over-ripe bananas, which give lots of flavour and moisture. It works well with many flavours, including walnuts, lemon, chocolate. Popular as a tea-time loaf with cup of tea or coffee, and generally loved by children.

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MAKES 36 SLICES

INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
350g	butter	0.00800	$2.80
200g	**Chelsea Caster Sugar**	0.00136	$0.27
200g	**Chelsea Maple Syrup**	0.00762	$1.52
6	eggs	0.21633	$1.30
450g	plain flour	0.00089	$0.40
600g	wholemeal flour	0.00171	$1.03
12g	baking soda (4 tsp.)	0.00260	$0.03
9g	salt (1.5 tsp.)	0.00108	$0.01
1000g	large ripe bananas, peeled and mashed (about 9)	0.00260	$2.60
15ml	vanilla essence	0.07446	$1.12
150g	chopped walnuts	0.01437	$2.16

METHOD

Cream butter and sugar till light and pale.

Add eggs, one at at time, beating well to incorporate.

Sift together the dry ingredients and add to the butter.

Fold in the mashed bananas, maple syrup, vanilla and walnuts.

Divide mixture into 3 greased loaf tins.

Bake in preheated oven 200°C for 50-60 minutes.

TOTAL COST	**$13.23**
COST PER PORTION	**$0.69**
GROSS PROFIT %	**70%**
SALES TAX	15%
MIN. SELLING PRICE (per portion)	**$1.41**

Costs based on average wholesale prices at February 2012

SOME KEY POINTS TO REMEMBER:

VARIATIONS
- Chocolate topping: mix cocoa powder with icing sugar, water and melted butter to create a chocolate icing
- Serve toasted with fresh fruit salad or fruit compôte and yoghurt for breakfast

PROFIT
- Cost around $4.41 per loaf, yielding at least 12 slices at $0.37 each slice. Sell at $1.50 or more per slice to achieve 70% gross profit

NUTRITION
- Make sure bananas are very ripe (too ripe to eat by themselves)
- Contains wheat, eggs and dairy products

SERVICE
- Best sliced into portions for quick service
- Good served lightly toasted with preserves, or as a dessert warm with vanilla ice cream
- Slices can be individually wrapped for grab and go impulse
- Will keep for 3 days, wrapped in cling film