

OUR RECIPE FOR  
**GLUTEN-FREE BANANA BREAD**

**YOU'LL NEED**

- 1 stick (8 tablespoons) butter, melted or 1/2 cup oil
- 3 large eggs
- 1 cup milk
- 1 cup chopped nuts (optional)

**BAKES  
ONE LOAF  
OR 12 MUFFINS**

A favorite classic comfort food at your fingertips. With a deep golden color and sweet spice, this moist and tender banana bread is quick and simple to bake at home with our gluten-free mix.

**TO MAKE NON-DAIRY: USE VEGETABLE OIL AND RICE, SOY OR ALMOND MILK.**

- 1 • **PREHEAT** oven to 350°F. Grease a 9" x 5" loaf pan, tea loaf pan, or a standard muffin pan.
- 2 • **STIR** together melted butter or oil, eggs, and milk. Add mix and stir until combined. Add nuts if desired.
- 3 • **POUR** batter into pan. Bake for 50-55 minutes for a 9" x 5" loaf, 45-50 minutes for a tea loaf, or 18-22 minutes for muffins. Internal temperature should be 205°F or above when done.
- 4 • **COOL** in pan for 15 minutes before turning out onto rack to cool completely.

**BAKERS TIP:**

For a lower fat version: Reduce oil to 1/4 cup and add 1/2 cup ripe mashed banana. Follow directions above.

**COMPLIMENTS OF**  
*The King Arthur Flour Kitchen*

**NO COMPROMISES:**

Our mixes are carefully crafted in our test kitchen through meticulous taste-testing (it's a tough job, but we're up to the challenge!) and blending to replicate our favorite recipes. The result? Wholesome mixes that make the finest gluten-free baked goods around. Simple ingredients, reliable results, and deliciousness for everyone to enjoy!

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GLUTEN-FREE  
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WE'RE HERE TO HELP.**

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**100% EMPLOYEE-OWNED.  
100% COMMITTED TO QUALITY.**

**ALL INGREDIENTS IN THIS MIX ARE  
NON-GMO FROM THE SOURCE.**  
Learn more at:  
[KingArthurFlour.com/non-gmo](http://KingArthurFlour.com/non-gmo)

**B** We're committed to using the power of business as a force for social and environmental good.

**GLUTEN FREE**  
**BANANA BREAD MIX**



EASY TO PREPARE

**GLUTEN FREE**  
**BANANA BREAD MIX**

**BAKES 1 LOAF  
OR 12 MUFFINS**

FORTIFIED WITH:  
**IRON • CALCIUM • VITAMIN B**  
MADE WITH REAL BANANAS



NET WT 16 OZ (1 LB) 454g ©



**Nutrition Facts**

Serving Size 1/4 cup mix (38g)  
Servings Per Container 12

Amount Per Serving	Mix Prepared	
<b>Calories</b>	120	220
Calories from Fat	0	80
	% Daily Value**	
<b>Total Fat 0g*</b>	0%	14%
Saturated Fat 0g	0%	27%
Trans Fat 0g		
<b>Cholesterol 0mg</b>	0%	23%
<b>Sodium 360mg</b>	15%	16%
<b>Total Carbohydrate 33g</b>	11%	11%
Dietary Fiber 4g	14%	14%
Sugars 16g		
<b>Protein 1g</b>		
Vitamin A	0%	8%
Vitamin C	0%	0%
Calcium	8%	15%
Iron	10%	15%
Thiamin	15%	20%
Riboflavin	8%	15%
Niacin	10%	10%

\*Amount in Mix. Prepared contributes an additional 100 Calories (80 Calories from Fat), 9 g Total Fat (5 g Saturated Fat), 70 mg Cholesterol, 30 mg Sodium, 1 g Total Carbohydrate (1 g Sugars), 2 g Protein.

\*\*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

**INGREDIENTS:** CANE SUGAR, WHOLE GRAIN BROWN RICE FLOUR, DRIED BANANA, POTATO STARCH, CELLULOSE, CORN STARCH, TAPIOCA STARCH, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, SALT, MOLASSES (MOLASSES, MALTODEXTRIN), VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)], XANTHAN GUM.

DISTRIBUTED BY  
THE KING ARTHUR FLOUR COMPANY, INC.  
Norwich, Vermont 05055  
800.827.6836 | [kingarthurfLOUR.com](http://kingarthurfLOUR.com)

Do not eat raw mix, dough, or batter.

Produced in a GFCO-certified gluten-free facility.

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