



Banana Bread

Makes two 9x5 loaves

- ½ c (1 stick) unsalted butter, softened
- 1 ¼ c granulated sugar
- 2 eggs
- 5 bananas, ripe or overripe, mashed
- 2 c flour (can use 1c as all-purpose and 1c as millet)
- 1 ts. salt
- 2 ts. baking soda
- 2 TB wheat germ (optional)
- ½ c chocolate chips (optional)

Equipment/tools

- Tools: Mixing bowl, wooden spoon, measuring spoons, and two (9x5) loaf pans
- Equipment: Oven (needs to reach 350 F), handheld mixer (optional)

Procedure

1. Preheat the oven to 350 F, and grease two loaf pans with butter, oil, or canola spray.
2. Cream butter and sugar with wooden spoon or mixer (if using) until pale yellow.
3. Add bananas to butter and sugar and mix until combined.
4. Mix in eggs, baking soda, salt, wheat germ (if using), and chocolate chips (if using) until combined.
5. Add flour(s) and combine until the flour just disappears.
6. Divide into two loaf pans evenly, and bake for 45-50 minutes until golden brown.

****You can also use cupcake/muffin pans instead, but you'll need to reduce the cooking time to 20-30 minutes depending on the size and thickness of your pans****

Millet

Makes 3 c cooked

- 1 c pearl millet, dry
- 2 c water
- Canola oil
- Salt & pepper (to taste)
- Additional vegetables, spices, and ingredients to taste

Equipment/tools

- Tools: Mixing bowl, wooden spoon, measuring cups, and sauce pot
- Equipment: stovetop (range)

Procedure

1. Add 1 T oil to pot and add Millet.
2. Toast millet until desired nuttiness and color for 5-10 minutes on medium high heat.
3. Add water and bring to a boil. Once boiling, reduce to a simmer and cook until fluffy and triples in size (about 20-25 minutes).
4. Add additional oil, salt, pepper, and any other seasonings or ingredients (make sure to cook vegetables and/or meat beforehand if you want it warm :)
5. Eat immediately as you would porridge, cream of wheat, oatmeal, grits, etc.