

23rd February 2021

NATIONAL BANANA BREAD DAY



National Banana Bread Day celebrates a perfect pairing of fruit plus bread. Admit it, few things are quite as comforting as walking into the house and smelling a freshly baked loaf of banana bread. It's certainly a dessert staple in many households, which is probably why so many of us have such a special place in our hearts for this delicious treat. The best things in life deserve an entire day devoted to celebrating their existence.

NATIONAL BANANA BREAD DAY ACTIVITIES:

Bake a loaf of banana bread

It's hard to think of a more appropriate way to celebrate National Banana Bread Day than whipping up a loaf. We guarantee your family and friends will thank you for your creation.

Donate a banana bread

Research local nursing homes, soup kitchens, and non-profit organizations in your community that may benefit from home-cooked food. It will make you feel good to brighten someone's day by sharing the scrumptious gift of banana bread

3 THINGS YOU MAY NOT KNOW ABOUT BANANA BREAD:

1. It's heart healthy

Thanks to its star ingredient potassium, banana bread helps to normalize blood pressure and regulate heart function.

2. Great company

It's estimated that the average American eats around 30 pounds of bananas per year!

3. It's a quick bread

No waiting for yeast to rise when making banana bread. Thanks to baking soda and baking powder, most recipes only takes an hour to make.

WHY WE LOVE NATIONAL BANANA BREAD DAY

We grew up eating banana bread. Many of us had grandmothers and mothers who loved to fill the house up with the intoxicating smells of banana bread. When you think back to childhood, there's a good chance that a memory of enjoying a decadent slice is stashed away somewhere.