



## BANANA COMPOUND BUTTER



**This butter, blended with bananas, is a perfect complement to baked goods and pastries, including pancakes, French toast, and our Gluten-Free Zucchini bread.**

**YIELD:**

½ cup

**RECIPE TYPE:**

Condiment

**RECIPE CATEGORY:**

Cheap Seats

**INGREDIENTS:**

1 stick unsalted butter, softened  
2 bananas, mashed  
1 teaspoon lemon juice  
½ teaspoon nutmeg  
½ teaspoon vanilla extract  
pinch of salt

**STEP 1**

Place softened butter into a bowl and fold in mashed bananas until well incorporated.

**STEP 2**

Add nutmeg, vanilla extract, and lemon juice; fold into butter until well blended.

**STEP 3**

You Did It, High Five Friend!

**NOTES & VARIATIONS:**

Select it: Use perfectly ripe bananas for this recipe (yellow without any brown spots). Don't use bananas that are unripened or overly ripened for this recipe.

Save it: To save any unused portion, wrap in plastic, form into a log, and place in refrigerator to chill.

**NUTRITION INFORMATION:**

Creamy and sweet, bananas are a favorite of kids. They are a good source of vitamin B6, manganese, vitamin C, potassium, fiber, copper, and biotin. For the greatest antioxidant benefits, eat fully ripened fruit.

