

Bananas Foster Bread

Based on the recipe from Cooking Light Magazine

Ingredients

1 1/2 cups mashed ripe bananas (*about 4 small to medium bananas*)
1 cup packed brown sugar, divided
6 Tablespoons butter, melted and divided
1/4 cup cognac or dark rum, divided
1/3 cup plain or vanilla fat free yogurt
2 large eggs
6.75 ounces flour (*about 1 1/2 cups--but I used the weight measurement*)
1/4 cup ground flax seed
3/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/8 teaspoon ground allspice
1/3 cup powdered sugar, sifted

Combine banana, 1/2 cup brown sugar, 5 Tablespoons butter and 3 Tablespoons rum in a nonstick skillet or pot.

Cook over medium heat until mixture begins to bubble. Remove from heat and cool.

Place banana mixture in a large bowl. Add yogurt, remaining 1/2 cup brown sugar, and eggs. Beat with a mixer at medium speed.

Weigh flour or lightly spoon flour into dry measuring cups and level with a knife.

I had to grind my flax seed, which took a while in the mini processor because it's so fine to begin with.

Combine flour, flax seed, baking soda, salt, cinnamon, and allspice in a small bowl.

Add flour mixture to banana mixture and stir to combine (*the recipe suggests using the mixer, but I did this by hand*). Pour batter into greased 9 x 5 inch loaf pan. Bake at 350 degrees F for 1 hour.

Remove from oven and cool in pan on wire rack for 10 minutes.

Remove loaf from pan to complete cooling wire rack. *Hint: put a flexible cutting mat under the wire rack.*

Combine remaining Tablespoon of melted butter, remaining Tablespoon of rum and powdered sugar.

Stir well until blended and smooth.

Drizzle over warm bread (*the flexible cutting mat will catch any over flow to aid in clean up*).

Makes 1 loaf.

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