

Maple Brown Sugar Bacon Banana Bread

Heavily Adapted From [Cooking Light](#)

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Ingredients:

- 1 cup light brown sugar
- 1/4 cup butter, softened
- 3 ripe bananas, mashed
- 1/4 cup fat-free milk
- 1/4 cup low-fat sour cream
- 2 large egg whites
- 2 cups unbleached all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 Tablespoons pure maple syrup
- 4 slices maple bacon, cooked, cooled and roughly chopped

Directions:

1. Preheat oven to 350 degrees F. Spray a 9x5 inch loaf pan with baking spray.
2. In a medium mixing bowl, whisk together flour, salt, and baking soda; set aside.
3. Cream together butter and sugar in a large mixing bowl.
4. Add banana, sour cream, egg, and milk to butter and sugar mixture, mix until well blended.
5. Stir in maple syrup.
6. Add flour mixture to banana mixture, blend until fully combined.
7. Stir in the bacon pieces.
8. Pour batter into prepared loaf pan.
9. Bake about 1 hour or until a toothpick inserted in the center of the loaf comes out clean.
10. Cool on wire rack in pan 10-15 minutes. Remove from pan and cool completely on cooling rack.
11. Slice, serve and enjoy!