

ALL OF IT

HEARTY PEANUT BUTTER BANANA BREAD

Recipe Author: Corrie Anderson with a special nod to Cooks Illustrated and their lovely book, *The Science of Good Cooking*, for their magical banana technique!

Recipe Type: Breakfast, Snack

Serves: 28, makes 1 large loaf and a pan of 12 generous mini muffins

INGREDIENTS:

3 cups ripe bananas (7-8 medium sized bananas)
3/4-cup plain yogurt
4 eggs
3/4 cup sugar
3/4 cup maple syrup
1/3 heaping cup of creamy peanut butter
1/3 heaping cup of freshly ground almond butter
6 tablespoons butter
1-teaspoon vanilla
1 cup spelt flour
1 1/2 cup whole-wheat flour
1/4 cup all purpose flour
1 1/2 teaspoon baking soda
1-teaspoon salt
1-teaspoon ground cinnamon
1/4 teaspoon allspice



INSTRUCTIONS:

1. Put peeled bananas in to a microwave safe bowl, pop them into the microwave for about 7 minutes. Bananas will be bubbling. Place a fine-meshed strainer over a saucepan or a medium sized bowl. Pour bananas into strainer and mash them down a little bit. Let bananas sit for about fifteen minutes and stir frequently. You should end up with at least 1/3 cup – 1/2 cup liquid (maybe more!).
2. Preheat oven to 350°. Prepare loaf or muffin pans with butter to prevent sticking.
3. In the mean time, add flours, baking soda, salt, ground cinnamon, and allspice to a medium sized bowl and mix ingredients until fully incorporated.
4. Next, put peanut butter, almond butter, and butter in a small bowl and microwave for about 30 seconds, just long enough for the almond butter loosen up.
5. Pour banana juice into a saucepan and cook over medium heat for about five minutes. Remove pan from heat, and pour banana mash and the liquid into a large bowl. Add yogurt, eggs, sugar, maple syrup, vanilla, and the three butters. Mix for about one minute. Add dry ingredients and stir until just combined. Scrape batter into pans and bake for about 50 - 60 minutes. When you tap the top of the muffins or loaf, it should bounce back quickly, that is how you know it's done!

Serving Size: 1 Calories: 205 Fat: 6 g Saturated Fat: 2 g Carbohydrates: 34 g Sugar: 21 g Sodium: 161 mg Fiber: 3 g Protein: 5 g

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