

# JAMAICAN BANANA BREAD – A great BREAD the family is sure to love!

Banana bread remains one of Jamaica's favourite pastries! It's truly a mouth-watering Jamaican dessert that has been passed down from generation to generation.

I'll give you a bit of background to it and share with you a **simple and easy** recipe, ready?

Jamaica has a rich tradition of banana growing. In fact, it was once a major exporter for the country. It was during World War II that Jamaicans had to eat green banana which was also known as the 'long grain rice'.

Banana is easily accessible in Jamaica as it's deeply embedded in our cuisine. It's grown abundantly locally, especially in the rural areas. Most households grow it in their backyard (mine too). We therefore developed numerous creative ways of using this versatile fruit.

By the way, bananas, when ripe, will spoil easily if not quickly consumed. To avoid waste, Jamaican housewives try to include it in their daily recipes.

**Below is a simple** but great recipe. It includes creative uses of some of our spices too. Try it and enjoy! By the way, please bear in mind that in Jamaica, banana bread and banana pudding are the same thing ☐

To Make this Recipe You'll Need the following ingredients:

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**PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS.**

## **Ingredients**

2 cups all-purpose flour  
3/4 teaspoon baking soda  
1/2 teaspoon salt  
1 cup granulated sugar  
1/4 cup butter, softened  
2 large eggs  
1 1/2 cups mashed ripe banana (about 3 bananas)  
1/4 cup plain low-fat yogurt (or pina colada flavored!!)  
3 tablespoons dark rum OR apple cider  
1/2 teaspoon vanilla extract  
1/2 cup flaked sweetened coconut

### **Cooking spray**

1 tablespoon flaked sweetened coconut  
1/2 cup powdered sugar  
1 1/2 tablespoons fresh lime or lemon juice

## **Instructions**

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt, stirring with a whisk.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended. Add eggs, 1 at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Stir in 1/2 cup coconut. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray;

sprinkle with 1 tablespoon coconut. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool completely on wire rack.

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