

Chai Masala Spiced Banana Bread with Orange Cream

From Indian Simmer blog



- 2 1/4 cups white whole wheat flour, or use regular all-purpose flour
- 1 1/4 teaspoons baking soda
- 1 1/4 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 teaspoons chai masala powder, see recipe below
- 1 large egg
- 1 cup coconut palm sugar, or substitute dark brown sugar
- 2 tablespoons honey
- 2/3 cups milk
- 1/2 cups Greek yogurt, full-fat
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons olive oil
- 2 medium bananas, ripe
- ORANGE WHIPPED CREAM:**
 - zest of 1 orange
 - 1 cup heavy cream
 - 1/2 cup powdered sugar
- CHAI MASALA POWDER:**
 - 2 tablespoons black peppercorns, ground to a fine powder
 - 2 tablespoons ground ginger
 - 1 teaspoon ground cinnamon, ground from one stick
 - 1 teaspoon ground cardamom pods, ground finely
 - 1/2 teaspoon freshly ground cloves
 - 1/2 teaspoons freshly ground nutmeg

Per Serving (excluding unknown items): 360 Calories; 12g Fat (29.8% calories from fat); 8g Protein; 58g Carbohydrate; 5g Dietary Fiber; 51mg Cholesterol; 390mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 12

NOTES: If you don't have coconut palm sugar, just use dark brown regular sugar. The flavor won't be quite the same, but you might not want to buy the other. It's a bit pricey. Next time I make it I will cut down slightly on the sugar - it was plenty sweet with a cup of the coconut palm sugar in it plus the honey.

1. Preheat the oven to 350° F.
2. In a bowl combine the flour, soda, baking powder, salt, and the chai spices. Use a whisk to combine and mix them. Set aside.
3. With mixer on medium, beat egg for about 1 minute, then add sugar, honey, milk, yogurt, vanilla. Keep beating until sugar dissolves well and the mixture gets light.
3. Add dry ingredients into the liquid ones and mix well with mixer on medium.
4. Add yogurt to the mixture while still mixing it. Turn off mixer and fold in mashed bananas until no streaks of banana are visible.
4. Pour the batter into a buttered and lined loaf pan. Place the pan into the oven and bake it for 45 minutes, then test with a knife. Continue baking for 5-minute intervals until the bread is cooked through and reaches an internal temperature of about 198°F.
5. Remove from oven and allow it to cool before pulling out of the loaf pan. After 15 minutes, slide a spatula down all four sides and gently turn the loaf over into your outstretched palm and arm, then allow it to cool completely. Eat it immediately, or serve as a dessert with orange whipped cream.
6. **ORANGE WHIPPED CREAM:** In an electric mixer with whisk attachment, whip the ingredients together, on medium high until stiff peaks form.
7. **CHAI POWDER:** Grind each ingredient separately in a spice grinder (or a coffee grinder that you reserve for spices), then combine them into a small jar. Keep tightly sealed and it will be usable for 6-8 months.