

Chocolate and Banana Bread - Mini Loaf

From the blog: *I am a food blog*



CHOCOLATE LAYER:

6 tablespoons all purpose flour, 45 grams
1/4 cup sugar, 45 grams, or sugar substitute
1 tablespoon cocoa, plus 1 teaspoon
1/8 teaspoon baking soda
1 pinch salt
1/4 cup cold water
1 tablespoon vegetable oil
3/4 teaspoon white vinegar
1/2 teaspoon vanilla extract

BANANA LAYER:

52 1/2 grams all purpose flour, 1/4 cup + 2 T + 2 tsp
1/4 teaspoon baking soda
1/8 teaspoon salt
1 pinch ground cinnamon
57 1/2 grams sugar, 57.5 grams
1/2 large egg, whisk and measure out 26-28 grams
2 tablespoons vegetable oil
6 tablespoons banana, ripe, mashed, 85 grams
1 1/2 teaspoons sour cream, or Greek yogurt
1/4 teaspoon vanilla extract

Per Serving (excluding unknown items): 323 Calories; 12g Fat (32.1% calories from fat); 4g Protein; 52g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 229mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTE: Do use the gram measurement for the flour and sugar. Making a small loaf requires precision in measuring.

1. Lightly butter and flour a mini loaf pan (6x3) inches or a pan that holds 2 cups liquid. Preheat oven to 325°F.
2. Prepare chocolate batter: combine flour, sugar, cocoa, baking soda and salt in a bowl. Mix well, then make a well in the center and pour in the water, oil, vinegar and vanilla. Whisk until blended. The batter will still be lumpy. Pour into the prepared mini loaf pan and set aside.
3. Prepare banana bread batter: Combine flour, baking soda, cinnamon and salt in a bowl and set aside. Beat together the sugar and egg until light and fluffy. Slowly drizzle in oil while whisking, taking your time. Stir in mashed bananas, sour cream and vanilla. Mix just until combined and no flour streaks are visible.
4. Pour this batter on top of the chocolate layer and bake for 30-40 minutes, or until the internal temperature reaches 200°F when an instant read thermometer is inserted into the center. The cake should be golden brown on top and the cake will spring back when you gently press it and a skewer comes out clean. Cover top of bread with foil during baking if the top begins to brown too quickly.
5. Remove from oven and let cool in the pan for 30 minutes, then upend the pan into your palm and place on cooling rack until it's reached room temp. Or until it's still slightly warm. Use a serrated knife to slice.

