

Coconut Banana Bread with Lime Glaze

Jean Patterson, *Cooking Light*, September, 2007

Cooking Light (myrecipes.com)

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Servings: 16

This was updated last year in a Cooking Light issue - their favorite, best recipes. This one won for Best Quick Bread. This recipe originally appeared on the cover of the September 2003 issue and remains one of their best banana breads.

2 cups all-purpose flour (about 9 ounces)

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 banana, ripe mashed (about 3 bananas)

1/4 cup plain low-fat yogurt

3 tablespoons dark rum

1/2 teaspoon vanilla extract

1/2 cup sweetened coconut flakes

Cooking spray

1 tablespoon sweetened coconut flakes

1/2 cup powdered sugar

1 1/2 tablespoons fresh lime juice, or lemon juice

1. Preheat oven to 350°.

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

3. 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.

Per Serving (excluding unknown items): 196 Calories; 5g Fat (21.6% calories from fat); 3g Protein; 35g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 174mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>