

JAMAICAN BANANA BREAD

I got this recipe from my friend, Kari Kennedy, who is perhaps a bigger nut for the tropics than we are (see Pain Killers and Mojito's in the drink section). I have never been a great fan of Banana Bread, but this has changed my mind, plus it's almost healthy. The original recipe came from Fitness Magazine.

INGREDIENTS:

- 2 Tablespoons Margarine or Butter, softened
- 2 Tablespoons Light Cream Cheese, softened
- 1 Cup Sugar
- 1 large Egg
- 2 Cups all-purpose Flour
- 2 teaspoons Baking Powder
- ½ teaspoon Baking Soda
- 1/8 teaspoon Salt
- 1 Cup Ripe Banana, mashed (2-3 bananas)
- 1/2 Cup Skim Milk
- 2 Tablespoon Dark Rum
- ½ teaspoon Lime Rind, grated
- 2 teaspoon Lime Juice
- 1 teaspoon Vanilla extract
- 1/4 Cup Pecans, chopped and toasted
- 1/4 Cup Coconut, flaked and sweetened

TOPPING:

- 1/4 C Brown Sugar, packed
- 2 teaspoons Margarine or Butter
- 2 teaspoons Lime juice
- 2 teaspoons Dark Rum
- 2 Tablespoons Pecans, chopped and toasted
- 2 Tablespoons Coconut, flaked and sweetened

DIRECTIONS:

Preheat oven to 375.

Coat loaf pan with cooking spray and lightly flour and set aside.

Beat margarine and cream cheese at medium speed.

Add sugar slowly and beat well (This is the butter mixture).

Add egg, beat well.

Combine flour, baking powder, baking soda, and salt in a separate bowl and mix well. (flour mixture)

In yet another bowl, combine the banana with the milk, rum, lime rind, lime juice, and vanilla. (banana mixture) Stir well.

Add flour mixture to butter mixture alternately with banana mixture.

Mix after each addition.

Stir in pecans and coconut.

Pour into prepared pan and bake for 60 minutes.

Let cool in pan at least 10 minutes. Remove to wire rack.

Topping:

Combine sugar, margarine, lime juice and rum in saucepan. Bring to simmer. Cook 1 minute stirring constantly. Remove from heat. Stir in pecans and coconut. Spoon over loaf.

16 servings

187 calories, 5.4 g fat

Can reduce fat and calories by omitting nuts and coconut inside bread.