

BANANA COCONUT TEA BREAD

INGREDIENTS

For the Topping

1 cup toasted shredded unsweetened coconut
4 tablespoons butter, melted
4 tablespoons brown sugar

For the Bread

3 large, overripe bananas, mashed
½ stick unsalted butter, melted
2 eggs
1 teaspoon lemon juice
2 cups unbleached all-purpose flour
1 teaspoon baking soda
½ teaspoon freshly grated nutmeg
Pinch of salt
1 cup granulated sugar
1 cup toasted shredded unsweetened coconut

DIRECTIONS

Preheat the oven to 350F degrees. Butter a standard-size loaf pan (9 x 5 inches) or 4 mini-loaf pans.

Toast the coconut (both for the topping and the bread) in the oven while it heats up. Mix together the melted butter and brown sugar for the topping. Add the toasted coconut. Set the topping aside.

In a blender or food processor, purée the bananas. You will need 1 ½ cups of purée, save the remainder (mixes great with yogurt). Set the purée aside.

In a medium bowl, whisk together the flour, baking soda, nutmeg, and salt. Set aside.

In the bowl of a stand mixer, beat together the melted butter and sugar until light and fluffy. Add the eggs one at a time and the lemon juice. Add the banana purée and the flour mixture alternately, about 1 cup at a time, beginning with the banana and beating to just incorporate. Use a spatula to fold in any flour that has not been absorbed, and stir in the coconut. Do not overmix.

Scrape the batter – it will be thick – into the prepared pan(s). Smooth the top, and sprinkle evenly with the topping. Bake for 50 minutes, and then cover top with foil to avoid the topping from burning and bake an additional 20 minutes or until a toothpick inserted in the center comes out clean. Let cool on a wire rack for about 20 minutes; then turn the loaf/loaves out of the pan(s) and allow it to cool completely.

Best if eaten or frozen within 3 days.