

JAMAICAN BANANA BREAD

Enjoy the flavors of the tropics in this delicious version of banana bread! Sprinkle a bit of freshly grated nutmeg over the lime glaze to bump up the flavor even more!

INGREDIENTS:

- 2 TBSPs softened butter-margarine blend
- 2 TBSPs soft light cream cheese
- 1 cup brown sugar
- 1 large egg
- 1 ½ cups all purpose flour
- ½ cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground Jamaican allspice
- ¾ tsp freshly ground nutmeg
- 1/8 tsp fine sea salt
- 1 ½ cups mashed ripe bananas
- ½ cup light coconut milk

- 1 tsp rum extract
- ½ tsp vanilla extract
- 1 tsp lime zest
- 2 tsps lime juice

ADD-INS

- 1 cup chopped, unsalted cashews or pecans, toasted
- ½ cup flaked coconut

GLAZE

- ½ cup powdered sugar
- 1 ½ TBSPs fresh lime juice
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- canola oil /cooking spray for pan

PREPARATION:

1. Pre-heat oven to 375 ° and spray 8 x 4-inch loaf pan with cooking spray.
2. Beat butter-margarine blend and cream cheese at medium speed with mixer. Add sugar and beat well.
3. Combine flour, baking powder, baking soda and salt. Stir well.
4. Combine banana and next 5 ingredients - stir well. ADD flour mixture to creamed mixture in small amounts, mix well, add more, etc...ending with flour mixture.
5. Stir in nuts and coconut and pour batter into prepared pan.
6. Bake at 375 ° for 50-60 minutes. Let cool in pan for 10 minutes. Remove from pan. Whisk together powdered sugar and lime glaze and drizzle over warm bread. Let cool slightly on wire rack before serving.

WHOLE WHEAT LEMON-ZUCCHINI BREAD

INGREDIENTS

- 1 large or 2 small zucchini (1 cup, shredded, unpeeled)
- 1 cup whole wheat flour
- $\frac{3}{4}$ cup all purpose flour
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{2}$ tsp fine sea salt
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ cup skim milk
- $\frac{1}{4}$ cup canola or vegetable oil
- 1 large egg, lightly beaten
- 1 TBSP grated lemon peel
- 1 tsp lemon extract OR lemon baking oil
- 1 cup currants

GLAZE

- $\frac{1}{2}$ cup powdered sugar
- 1 $\frac{1}{2}$ TBSPs lemon juice

PREPARATION

1. Preheat oven to 350 ° and spray a loaf pan well with canola oil cooking spray, or PAM.
2. Shred zucchini with box grater & set aside.
3. Combine dry ingredients in a large bowl and set aside, THEN mix brown sugar, lemon peel and wet ingredients well, and fold in the zucchini and currants until well mixed.
4. Slowly add in the flour mixture until batter is moistened. DO NOT OVER MIX! Spoon into the greased loaf pan and bake for 50-60 minutes, or until wooden toothpick or skewer inserted into the middle comes out clean. Cool for 10 minutes in pan, remove to rack.
5. Whisk together powdered sugar and lemon juice and drizzle over warm bread. Let cool another 5-10 minutes.

Zucchini-Pineapple Bread

This recipe makes two loaves. Freeze the extra loaf, tightly wrapped in plastic wrap and heavy-duty aluminum foil, for up to one month. Thaw at room temperature. Slices are good microwaved at HIGH for 10 to 15 seconds.

INGREDIENTS

- 3 cups sifted all-purpose flour (about 13 1/2 ounces)
- 1 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 1/2 tsps ground cinnamon
- 2 large eggs
- 2 cups sugar
- 2 cups grated zucchini (about 1 1/2 medium zucchini)
- 2/3 cup canola oil
- 1/2 cup egg substitute
- 2 tsps vanilla extract
- 2 (8-ounce) cans crushed pineapple in juice, drained
- Baking spray with flour

PREPARATION

1. Preheat oven to 325°.
2. Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, salt, and next 3 ingredients (through ground cinnamon) in a large bowl, stirring well with a whisk.
3. Beat eggs with a mixer at medium speed until foamy. Add sugar, zucchini, oil, egg substitute, and vanilla, beating until well blended. Add zucchini mixture to flour mixture, stirring just until moist. Fold in pineapple. Spoon batter into 2 (9 x 5-inch) loaf pans coated with baking spray. Bake at 325° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Garden Harvest Bread

*Zucchini, carrot, and apples add moisture and flavor, eliminating the need for excess butter and oil. This simple cake-like bread only takes about 10 minutes to prepare the batter. Prep tip: Grate the apple, carrot, and zucchini using a handheld grater. A food processor releases more water, which will make the bread wet.
Makes 1 loaf*

INGREDIENTS

- 1 cup all-purpose flour
- 3/4 cup sugar
- 2 tsps ground cinnamon
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup grated peeled Granny Smith apple (about 1 medium)
- 1/2 cup grated carrot (about 1 medium)
- 1/2 cup shredded zucchini
- 1/4 cup chopped walnuts, toasted
- 1/4 cup canola oil
- 1/4 cup nonfat buttermilk
- 2 large eggs
- Cooking spray

PREPARATION

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and the next 4 ingredients (through salt) in a large bowl, stirring with a whisk.
3. Add grated apple, grated carrot, shredded zucchini, and walnuts to flour mixture; toss well.
4. Combine canola oil, buttermilk, and eggs in a small bowl, stirring with a whisk. Add egg mixture to flour mixture, stirring **just until combined**. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 50 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack; remove cake from pan. Cool completely on wire rack before slicing.

NOTE: IF YOU BAKE IN MINI LOAF PANS, CUT TIME TO 20-25 MINUTES

Apple Gingerbread/Muffins

Healthy Ingredients + No Fat*+Traditional Spices = Great Taste!

**To bake as muffins - use paper or foil liners and
cut baking time by 10 or 15 minutes.**

Serves 6-9

INGREDIENTS:

- 1/3 cup brown sugar
- 1/3 cup TRUVIA (or Splenda) sweetener
- 1/3 cup unsweetened applesauce
- 1 TBSP ginger paste
- 1 egg (or 2 egg whites)
- 3 TBSPS molasses
- 1 cup unbleached all-purpose flour
- ½ cup whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 tsps ground ginger
- 1 tsp freshly grated nutmeg
- 1/8 tsp allspice
- ½ tsp cardamom
- ½ cup nf plain yogurt (strained or Greek)
- 1 & ½ cups chopped peeled Empire & Gala apples
- Plus topping choice - see below

* - Depending upon your topping choice

PREPARATION:

- 1.** In a large mixing bowl, combine sugar, sweetener, applesauce, ginger paste, egg and molasses - mix well
- 2.** Combine the flours, spices, baking powder and baking soda
- 3.** Add to molasses mixture alternately with yogurt (add some dry mix, add some yogurt, add some dry mix, add some yogurt...), mixing just until combined, then fold in apples
- 4.** Pour into 8" square baking dish (OR 12 cup muffin pan) coated w/cooking spray. (fill muffin cups to top - you may only get 9 muffins)
- 5.** Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack for a few minutes and serve warm

Serve Gingerbread Slices With:

- ♦ Whipped cream
 - ♦ Vanilla ice cream or ♦ Vanilla frozen yogurt
 - ♦ Non-fat plain, thick yogurt w/pinch of each spice
- used in gingerbread plus 1TBSP honey (per cup of yogurt) stirred in*

Peanut Butter-Banana Bread

Peanut butter is whipped into the basic recipe for a moist banana bread with a hint of nutty flavor. A small amount of chopped roasted peanuts offers delightfully surprising crunch.

INGREDIENTS

Bread:

- 1 1/2 cups mashed ripe banana
- 1/3 cup plain fat-free yogurt
- 1/3 cup creamy peanut butter
- 3 TBSPs butter, melted
- 2 large eggs
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 6.75 ounces all-purpose flour (about 1 1/2 cups)
- 1/4 cup ground flaxseed
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/8 tsp ground allspice
- 2 TBSPs chopped dry-roasted peanuts
- Cooking spray

Glaze:

- 1/3 cup powdered sugar
- 1 TBSP 1% low-fat milk
- 1 TBSP creamy peanut butter

PREPARATION

1. Preheat oven to 350°.
2. To prepare bread, combine first 5 ingredients in a large bowl; beat with a mixer at medium speed. Add granulated and brown sugars; beat until blended.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through allspice) in a small bowl. Add flour mixture to banana mixture; beat just until blended. Stir in nuts. Pour batter into a 9 x 5-inch loaf pan coated with cooking spray. Bake at 350° for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Remove from oven; cool 10 minutes in pan on a wire rack. Remove bread from pan; cool.
4. To prepare glaze, combine powdered sugar, milk, and 1 TBSP peanut butter in a small bowl, stirring with a whisk. Drizzle glaze over bread.

Maureen Callahan, *Cooking Light*
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Apple-Cheddar Cornbread

Tidbits of tangy green apple are a nice surprise that balance the cheese in this crusty cast-iron favorite.

INGREDIENTS

- 1 TBSP butter
- 1 Granny Smith apple, peeled and diced (1 cup)
- 1 TBSP shortening
- 1 ½ cups yellow cornmeal
- ½ cup all-purpose flour
- 1 TBSP baking powder
- ½ tsp salt
- 1 ½ cups milk
- 1 large egg, lightly beaten
- 6 TBSPs butter, melted
- 1 cup shredded extra-sharp Cheddar cheese

PREPARATION

1. Heat 1 TBSP butter in a large skillet over medium-high heat until melted. Add apple, and sauté 3 minutes or until just tender. Remove from heat, and set aside.
2. Preheat oven to 425°. Heat shortening in a 9" cast-iron skillet in oven 5 minutes.
3. Meanwhile, stir together cornmeal and next 3 ingredients. Whisk together milk and egg; add to dry ingredients, stirring just until moistened. Stir in 6 TBSPs melted butter. Add sautéed apple and cheese, stirring just until combined.
4. Pour batter into hot skillet. Bake at 425° for 25 minutes or until golden. Cut into wedges.

Flavored Butters

*Kick breakfast up a notch with these easy to whip up butters!
Great on toast, pancakes, waffles, French toast and muffins.*

~~~ Maple-Spice Butter ~~~

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- 3 TBSPs 100% maple syrup
- ½ tsp freshly grated nutmeg
- ½ tsp allspice
- ¼ tsp cinnamon

~~~ Orange & Spice Butter ~~~ (sub lime or lemon for different flavor)

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- ¼ cup unsifted confectioner's sugar
- 4 tsps grated orange peel
- ½ tsp orange oil for baking - like Boyajian's
- ¼ tsp freshly grated orange peel

~~~ Honey Butter ~~~

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- 4 TBSPs good quality honey
- ½ tsp cinnamon

~~~ Cranberry Butter ~~~

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- 2 TBSPs soft whole berry cranberry sauce
- 1 tsp cinnamon
- ½ tsp orange oil or extract
- 1 tsp honey

Flavored Cream Cheeses

Your bagel will never be the same!

~~~ Super Veggie Cream Cheese ~~~

Mix together until smooth and chill:

- 1 16oz tub plain cream cheese, regular or low fat
- ¼ of 1 large red, yellow or orange sweet pepper, finely chopped
- 2 stems scallion, finely chopped - green included!
- about 1 TBSP + finely chopped flat leaf parsley
- 2 TBSPs finely grated fresh carrot
- ½ tsp Mrs. Dash original table blend
- ½ tsp garlic powder
- ½ tsp sea salt (fine)

~~~ Pineapple-Ginger Cream Cheese ~~~

Mix together until smooth and chill:

- 1 16oz tub plain cream cheese, regular or low fat - OR - marscarpone cheese
- ½ cup chopped, fresh pineapple
- 1 tsp freshly grated nutmeg
- 1 TBSP finely chopped crystallized ginger
- 1 TBSP finely chopped pineapple mint

~~~ Honey-Lemon Cream Cheese ~~~

Mix together until smooth and chill:

- 1 16oz tub plain cream cheese, regular or low fat - OR - marscarpone cheese
- ¼ cup lemon marmalade
- ¼ tsp allspice
- ½ tsp nutmeg