

Banana Bread

Makes one loaf or 10 large muffins



Ingredients

- 2 large eggs
- ½ cup brown sugar, lightly packed
- 2 tablespoons honey
- 1 tablespoon maple syrup
- ¼ cup canola oil
- ¼ cup milk (any kind)
- ¼ cup apple sauce
- 1 teaspoon pure vanilla extract
- 1 ¾ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon kosher salt
- 2 cups super-ripe bananas, mashed well
- 1 cup chopped pecans (optional)

For the Topping

- ½ banana, sliced lengthwise for bread, or round slices for muffins
- 2 tablespoons sugar
- ½ teaspoon cinnamon

Steps

1. Preheat oven to 325°F.
2. In a large bowl whisk together eggs, brown sugar, honey, maple syrup, canola oil, milk, applesauce and vanilla extract.
4. In a medium bowl, whisk together flour, baking soda, cinnamon and kosher salt.
5. Add the dry ingredients with the egg-milk mixture and stir until just combined. Do not overmix. Fold in mashed bananas. If using pecans, fold them in now.
6. Prepare your pan - coat a loaf pan with baking spray or canola oil if making bread - or put muffin papers in a muffin pan if making muffins. Either pour batter into loaf pan or scoop batter into muffin cups.
7. **For the topping...** stir together the sugar and cinnamon and dip each piece of sliced banana into the sugar. Place banana slices on top of either your loaf (bananas should be cut in thin, lengthwise strips OR rounds if making muffins). Sprinkle remaining sugar on top of loaf or muffins and bake.
8. Muffins should take around 30- 40 minutes to bake - test with a toothpick in the center. Dry crumbs or nothing on the toothpick means it's ready. Bread will take about 1 hour and 20 minutes. Let cool about 15 minutes before removing from pan and serving.