

CARROT CAKE BANANA BREAD RECIPE



What a yummy recipe. If you are a carrot cake fan, this recipe is for you. I'm going to skip topping mine with cheese cake frosting, but I can assure you that if you did, it would take this recipe to another level. I serve mine as I would any other banana bread. This is a simple, no fail recipe that will most certainly become a regular in your recipe book!

INGREDIENTS

- 1 cup very overripe mashed banana
- ½ cup brown sugar (white, coconut or favourite sweetener works too!)
- ¼ cup buttermilk (don't have buttermilk? mix ¼ cup milk with 1 tsp of lemon juice or vinegar. Set aside for 5 minutes)
- 2 large eggs
- ⅓ cup vegetable oil (or your fav oil, I love Alligga Flaxseed oil for omegas)
- 1 tsp vanilla extract
- 1 ¾ cup wheat or all purpose flour (I use Rogers Foods & do half of each!)
- ½ tsp each of cinnamon & nutmeg
- 1 tsp baking soda
- ½ tsp salt
- ⅓ cup pecans, chopped
- 1 cup freshly shredded carrot, packed

INSTRUCTIONS

1. Preparation - Preheat oven to 350F. Spray a 9x5in loaf pan with cooking spray. Grate carrots and chop nuts.
2. Mash bananas in a bowl using a fork until you reach 1 cup! Add sugar, eggs, oil, buttermilk and vanilla, whisking together.
3. In a separate bowl, mix together flour, baking soda, salt, nutmeg and cinnamon. Add in carrots and pecans and gently toss until nuts and carrots are covered in flour mixture.
4. Create a well in your dry ingredients. Pour in wet ingredients. Stir with a rubber spatula until just combined (clumps are fine). Be sure to not over-mix.
5. Pour mixture into your loaf pan and bake for about 50-55 minutes, or until a knife comes out clean.
6. Let bread cool on a wire rack. Cool and enjoy!

Note: I used white sugar but added 1 tbsp of molasses to my recipe. Added a deep, earthy taste. I also doubled my vanilla because I love the taste so much!

www.TammyLynn.com