

Bread : Cream Cheese Filled Banana Bread



Cream Cheese-Filled Banana Bread -
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INGREDIENTS:

BREAD:

- ☐ 1 large egg
- ☐ 1/2 cup light brown sugar, packed
- ☐ 1/4 cup granulated sugar
- ☐ 1/4 cup liquid-state coconut oil (canola or vegetable may be substituted)
- ☐ 1/4 cup cup sour cream (lite is okay; or Greek yogurt may be substituted)
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup mashed ripe bananas (about 2 large bananas)
- ☐ 1 cup all-purpose flour
- ☐ 1/2 teaspoon baking powder
- ☐ 1/2 teaspoon baking soda
- ☐ pinch salt, optional and to taste
- ☐ 1/2 cup chopped walnuts

CREAM CHEESE FILLING:

- ☐ 1 large egg
- ☐ 4 ounces softened brick-style cream cheese (lite is okay)
- ☐ 1/4 cup granulated sugar
- ☐ 3 tablespoons all-purpose flour

DIRECTIONS:

1. Preheat oven to **350F**.
2. Spray one 9×5-inch loaf pan with floured cooking spray, or grease and flour the pan; set aside.

3. Bread

- ☐ In a large bowl, add the egg, sugars, coconut oil, sour cream, vanilla, and whisk to combine.
- ☐ Add the bananas and stir to incorporate.
- ☐ Add 1 cup flour, baking powder, baking soda, optional salt, walnuts, and fold with spatula or stir gently with a spoon until just combined; don't overmix; set aside.
- ☐ Turn about two-thirds of the batter out into the prepared pan, smoothing the top lightly with a spatula and pushing it into corners and sides as necessary; set aside.

4. Cream Cheese Filling

- ☐ In a large bowl, add all ingredients and whisk to combine. Alternatively, mix with a hand mixer.
5. Evenly pour filling mixture over the bread, smoothing the top lightly with a spatula and pushing it into corners and sides as necessary.
 6. Top with remaining batter, smoothing the top very lightly with a spatula as to not disturb cream cheese layer and pushing batter into corners and sides as necessary.
 7. Bake for about **48 to 50 minutes** or until the top is domed, golden, and the centre is set, and a toothpick inserted in the centre comes out clean, or with a few moist crumbs, but no batter. Note this is tricky because the cream cheese never gets totally solid so the toothpick test isn't the most accurate. Tip – Tent the pan with a sheet of foil draped over it at the 30 minute-mark if you feel the tops and sides will become too browned before centre cooks through. Baking times will vary based on moisture content of bananas, cream cheese, climate, and oven variances. Bake until done; watch your bread, not the clock.
 8. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.