

CHOCOLATE ESPRESSO BANANA BREAD



CHOCOLATE ESPRESSO BANANA BREAD

1 $\frac{1}{4}$ cups all-purpose flour

$\frac{1}{4}$ cup yogurt (make sure you drain all liquid)

3 bananas, mashed well

1 large egg

185 ml cup light brown sugar

$\frac{1}{3}$ cup canola or vegetable oil

2 teaspoons vanilla extract

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ tsp cinnamon powder

$\frac{1}{2}$ cup unsweetened cocoa powder

$\frac{1}{4}$ cup strong espresso, cooled

$\frac{1}{2}$ cup chocolate chunks

$\frac{1}{2}$ cup nuts (peanuts, pecans, flaked almonds, walnuts)

2 tbsp Chocolate chips

extra brown sugar for topping

1 banana, whole, slit length wise

In a large mixing bowl, add the egg, yogurt, oil, vanilla, sugar and mix well till thoroughly combined.

In another bowl, sieve the flour, cocoa, cinnamon add the

baking powder and salt and mix.

Start adding the dry mix into the wet mix (egg yogurt mix) little by little till combined. Don't over mix. Add the bananas and espresso and fold gently to combine.

Spray a baking pan (9 *5 inch loaf) with oil and dust with flour. I use a baking paper too.

Pour the batter into the pan. Add the chocolate chunks and half the nuts.

Take a skewer and swirl the dough.

For the topping:

Make the topping by tossing together brown sugar, chopped nuts, and chocolate chips in a small bowl, then sprinkle evenly on top of the batter.

Place the slit banana on the top.

Put the pan into a pre-heated oven. Bake at 180°C for 55-60 min till a skewer inserted in the centre comes out clean.

Take it out when done, and let it cool in the pan for 15 mins.

Remove to a wire rack and let cool completely before serving.

Dust with icing sugar (optional).

Note:

Batter should be on the thicker side. If it's not, you may wish to add up to $\frac{1}{4}$ cup additional flour. All bananas vary in their moisture content and the consistency of batters will vary.

Make the coffee as strong as you like. This is just right with nothing being over powering.

Watch your bread in the last 10 mins and tent it with foil, if its starting to brown too quickly.

Photo: Carmari Fourie Strobos

Nota: Heerlik. Per ongeluk my neute fyn gekap, so lyk anders, maar steeds heerlik!!! Gasoond so bietjie langer gebak, seker 70 min. Toe afgesit en in oond gelos. Ek stel gas effens laer omdat dit so vinnig is.