

Whipped

FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Maple Pecan Banana Bread

1/2 cup butter, melted
2/3 cup pure maple syrup
1/2 t vanilla extract
1 egg, slightly beaten
2 ripe bananas, mashed
3 Tablespoons buttermilk (or milk)
2 cups flour
1 t baking soda
1/2 t baking powder
1/2 t salt
3/4 cups chopped pecans plus a few for topping

Mix melted butter, maple syrup and vanilla together. Add egg. Mix in bananas and milk, leaving some chunks. In a separate bowl, combine flour, soda, baking powder and salt. Use a whisk to combine all dry ingredients evenly. Add them to wet mixture and stir just until combined. Fold in pecans. Fill two greased loaf pans or muffin tins. Top with a few pecans. Bake at 350 degrees for approximately 45 minutes. About 20 minutes or so for muffins. Top should be very light brown and toothpick inserted should come out clean.