

# Panasonic Cooking

## Banana Yogurt Bread with Walnuts

*Moist and packed with banana flavor, the healthier version of the bread uses less butter and replaces it with yogurt!*

### Ingredients:

¼ cup unsalted butter, softened

½ cup white sugar

½ cup brown sugar

2 large eggs

1½ cups very ripe bananas\* (approximately 3)

½ cup low fat yogurt (2% or less)

1 tsp vanilla extract

2 cups flour

½ tsp salt

½ tsp baking soda

½ tsp baking powder

¾ cup walnuts, chopped (optional)

*\* The best bananas for baking are overripe bananas. Don't throw them away when they turn black. Peel them, place them in a zippable plastic bag, mash them in the bag, then freeze until you're ready to use them.*

Directions:

1. Sift the flour, salt, baking powder and baking soda together. Set aside.
2. Mash the bananas using a fork or potato masher. Set aside.
3. Use a hand blender or a stand mixer, cream the sugars and butter together. Add eggs, one at a time, and mix thoroughly between each of them.
4. Add the vanilla and yogurt and continue to mix until fully incorporated.
5. Mix in the dry ingredients. Do not over mix as this could lead to a tough loaf; mix for only a couple of minutes, long enough to blend everything together.
6. Fold in the walnuts. If walnuts are not your favourite, substitute pecans, chocolate chips or sweetened shredded coconut.
7. Pour mix into the rice cooker pan, even it out with a rubber or silicone spatula, place in the rice cooker, select the Cake setting for 40 minutes, and press Start. Once hear the beep, turn the rice cooker off, remove the pan from the rice cooker, turn out the cake onto a wire cooling rack.

*Note: cakes will rise better while baking if cold ingredients are at room temperature. The eggs, yogurt and butter can be tempered to room temperature for one hour before mixing.*