

Adapted from *Cooking Light*, October 2010.



Bananas Foster Bread

4 ripe bananas, mashed
1 c packed brown sugar, divided
5 T butter
3 T cognac
1/3 c plain fat-free yogurt
2 large eggs
1-1/2 c all-purpose flour
3/4 t baking soda
1/2 t salt
1/2 t cinnamon
1/4 t nutmeg

Preheat the oven to 350F. Combine banana, 1/3 c brown sugar, 5 T butter and 3 T cognac in a skillet. Cook over medium heat until mixture begins to bubble. Remove from heat, cool. Place banana mixture in a large bowl, add yogurt, remaining brown sugar and eggs. Beat with a mixer at medium speed.

In a separate bowl sift together flour, soda, salt, cinnamon and nutmeg. Add to the wet ingredients and mix well. Pour batter into a greased, 9"x 5" loaf pan. Bake for one hour, or until a toothpick comes out clean. Remove from oven and cool for 10 minutes.