

Coconut Banana Bread with Lime Glaze

The tangy lime glaze cuts the sweetness of the bread. Substitute apple juice for the rum if you prefer.

2 cups all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt
1 cup granulated sugar
1/4 cup butter, softened
2 large eggs
1 1/2 cups mashed ripe banana (about 3 bananas)
1/4 cup plain low-fat yogurt
3 tablespoons dark rum
1/2 teaspoon vanilla extract
1/2 cup flaked sweetened coconut
Cooking spray
1 tablespoon flaked sweetened coconut
1/2 cup powdered sugar
1 1/2 tablespoons fresh lime or lemon juice

Preheat oven to 350°.

Lightly spoon the flour into dry measuring cups, and level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk to combine.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Stir in 1/2 cup coconut. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with 1 tablespoon coconut. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool bread completely on wire rack.

Yield: 1 loaf, 16 servings (serving size: 1 slice)

CALORIES 193(21% from fat); FAT 4.6g (sat 2.8g,mono 1.1g,poly 0.3g);
PROTEIN 2.9g; CHOLESTEROL 35mg; CALCIUM 15mg; SODIUM 179mg;
FIBER 1.1g; IRON 1mg; CARBOHYDRATE 35g
Cooking Light, SEPTEMBER 2003