



Pumpkin Banana Bread

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Moist, healthy Pumpkin Banana Bread. Whole wheat and made with yogurt and honey, this easy recipe is delicious with chocolate chips, nuts, or on its own!

PREP: 25 mins **COOK:** 1 hr **TOTAL:** 2 hrs 30 mins

SERVINGS: 1 loaf

REVIEW

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Ingredients

- 1/2 cup pecan halves or walnut halves *optional; you can also swap other mix-ins of choice such as golden raisins, cranberries, or chocolate chips*
- 1 cup mashed banana *the riper the better (about 2 large bananas)*
- 4 tablespoons unsalted butter *at room temperature*
- 1/4 cup coconut sugar or light brown sugar
- 2 tablespoons nonfat plain Greek yogurt
- 1/3 cup honey
- 2 large eggs *at room temperature*
- 1 cup [pure pumpkin puree](#) *NOT pumpkin pie filling*
- 1 teaspoon vanilla extract
- 1 1/2 teaspoons pumpkin pie spice *or 1 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, and a pinch of ground cloves*
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1 1/2 cups [white whole wheat flour](#)

Instructions

- 1 Preheat the oven to 350 degrees F. If using nuts for the mix-ins, spread them onto a single layer on an ungreased baking sheet. Bake until toasted and fragrant, about 8 to 12 minutes depending upon the size of the nuts. Do not walk away during the last few minutes of baking (this is when nuts love to burn). Immediately transfer to a cutting board. Let cool a few minutes, then roughly chop. Lightly coat an 8 1/2 x 4 1/2-inch loaf pan with nonstick spray.
- 2 In a small bowl, mash the bananas measure them out to ensure that you have 1 cup. In the bowl of a standing mixer fitted with the paddle attachment or a mixing bowl, beat together the butter and coconut sugar until smooth and combined. Beat in the measured banana, Greek yogurt, honey, eggs, pumpkin (feel free to reuse the measuring cup you used for the banana to measure the pumpkin), and vanilla. Sprinkle the pumpkin pie spice, baking soda, baking powder, and salt over the top. Sprinkle the flour over the top, then with a rubber spatula or wooden spoon, stir by hand, just until the flour disappears. Fold in the pecans or another mix-ins.
- 3 Scrape the batter into the prepared pan and let rest uncovered at room temperature for 15 minutes (Don't skip this step! Resting helps the flour absorb the wet ingredients and will give you a better texture and flavor).
- 4 Bake the bread for 55 minutes to 1 hour 10 minutes, or until a toothpick inserted in the center comes out clean. Another quick check is to see if the bread reaches 190 to 200 F degrees F on an instant read thermometer. Check the bread at the 35-minute mark. If it is browning more quickly than you would like, loosely tent the pan with foil and continue baking as directed. Place the pan on a wire rack and let cool completely, then remove the bread from the pan wrap the loaf tightly in plastic. Refrigerate for at least 1 hour, or even better, overnight (I know this step sounds odd but it works and makes the bread taste incredible). Slice and devour!

Notes

- This bread recipe works well when doubled! For the pumpkin, use the full (15-ounce) can. It will be a scant 1 cup of pumpkin per loaf, but the recipe will turn out fine.
- Store leftovers in the refrigerator for up to 5 days or freeze for up to 3 months. I like to cut the cooled bread into slices, then wrap and freeze them individually and pull them out as I need/want/CRAVE them.
- To bake as muffins (not yet tested but based on my best judgment): Line a muffin pan with paper liners or lightly coat with baking spray. Fill the muffin cups 3/4 or so of the way to the top. Bake at 375 degrees F for 22 to 27 minutes, until a toothpick inserted in the center of a muffin comes out clean.

Nutrition**SERVING:** 1 slice (of 10)**CALORIES:** 230kcal**CARBOHYDRATES:** 32g**PROTEIN:** 5g**FAT:** 10g**SATURATED FAT:** 4g**CHOLESTEROL:** 50mg**FIBER:** 3g**SUGAR:** 18g

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