



# Salted Caramel Banana Nut Bread

Makes: 2 loaves

Prep Time: 25 minutes Cook Time: 60 minutes

Total Time: 1 hour 25 minutes

## Crumb Topping:

1/4 cup all-purpose flour

1/4 cup light brown sugar, lightly packed

1/8 cup unsalted butter, very cold and cubed

1/4 cup pecans, finely chopped (optional)

## Banana Bread:

1 cup granulated sugar

1 cup light or dark brown sugar

1/2 cup coconut oil

2 large eggs, room temperature

1/2 cup buttermilk

2 tsp vanilla extract

3 cups all-purpose flour

1 & 1/2 tsp baking soda

1/8 teaspoon Kosher salt

1 cup mashed bananas (about 2-3 medium size and overly ripen)

1/3 cup thick caramel sauce, plus more for drizzling over the top

Sea salt flakes

## Crumb Topping:

In a medium-size mixing bowl, whisk together the all-purpose flour and brown sugar. Add the pieces of unsalted butter and using a pastry blender or a fork, cut the butter into the mixture until it forms into the crumbly mixture. Add in the chopped pecans. Set to the side.

## Banana Bread:

Adjust the oven rack to the 2nd level position and pre-heat the oven to 350°F. Generously spray 2 bread loaf tins with a flour-based baking spray or grease with vegetable shortening and lightly flour. Optional step: add a parchment paper sling to each tin, then lightly respray with the baking spray. This will eliminate having to invert the tins to remove the bread later for cooling. Set the tins to the side.

In a large-size mixing bowl, whisk together the granulated sugar, brown sugar, coconut oil, eggs, buttermilk, and vanilla extract. Add in the all-purpose flour, baking soda, and salt, and mix until combined. Using a spatula, fold in the mashed bananas and caramel sauce. (See Chef's Note)

Evenly divide half the banana bread batter into the two prepared loaf tins, top with the crumb topping, then sprinkle with sea salt flakes.

Bake for 55-60 minutes at 350°F or until an inserted toothpick comes out clean. Cool the salted caramel banana bread loaves in the pans for approximately 10 minutes before removing them from the tins. Transfer them to a wire cooling rack, and allow the bread to cool for about 20 minutes before serving. Drizzle with more caramel and, if desired, sea salt flakes (this is optional as it could get too salty).

## Chef's Note:

Heat up the caramel sauce in the microwave for a few seconds to help add it to the bread batter.

*Recipe from Beyond the Butter*