

BANANA RYE CAKES

Makes ~20 individual cakes; ~33 mini cakes. I bake these in Silikomart silicone muffin molds - SF028 is similar to a standard muffin tin and SF022 is slightly larger than a mini muffin tin. The batter can also be baked in a standard loaf pan (8.5"x4.5" or 9"x5").

NOTE: baking times will vary depending on the size you choose.

This recipe lends itself to substitutions and additions: replace some of the butter with almond butter; replace some of the all purpose flour with ground oats, white whole wheat flour or nut flour such as almond or hazelnut; add in toasted/chopped nuts and/or chopped chocolate to the batter; top with streusel before baking.

It's a great way to use up bananas - I chunk up ripe bananas and freeze them in zip top bags until ready for use. Thaw, mash and go! Also great for smoothies!

Ingredients

- 4 very ripe medium bananas (~480 g mashed banana)
- 100 g / scant 1/2 cup Greek yogurt (OPT buttermilk or *crème fraîche*), room temperature
- 15 ml / one tablespoon freshly squeezed lemon juice
- 5 ml / one teaspoon vanilla extract
- 130 g / one cup all purpose flour (or 65 g / 1/2 cup all purpose and 65 g / 1/2 cup whole wheat pastry flour)
- 125 g / one cup dark rye flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 125 g / 9 tablespoons unsalted butter (OPT 1/2 almond butter and 1/2 butter), room temperature
- 125 g / 1/2 cup plus 2 tablespoons dark brown sugar
- 2 large eggs, room temperature

1. Have your silicone molds ready - I place them on a wire grid on a half sheet pan. this allows for better air circulation and more even baking. If using metal muffin

tins, butter and flour the wells or use papers. If using a loaf pan, butter it and line with parchment.

2. Heat the oven to 350°F.
3. In a medium bowl blend mashed banana, yogurt, lemon juice and vanilla.
4. In a separate medium bowl blend the flours, salt and baking soda.
5. In the bowl of a stand mixer fitted with the paddle (or a hand held mixer) cream the butter and brown sugar for several minutes.
6. Add the eggs one at a time, scraping down the bowl after each addition.
7. Blend in the banana yogurt mixture alternating with the flour mixture, 2 additions each (banana mix/flour mix/banana mix/flour mix); mix until just blended.
8. Fill your chosen molds/pan: for individual cakes fill the wells about 3/4 full.
9. Bake ~20 minutes for small cakes and 30-35 minutes for a loaf - look for a tester to pull out smoothly with just a hint of moist crumb.
10. Let cool in the molds/pan for 10-15 minutes then un-mold onto a wire grid to cool completely.

Here are a few variations I've baked with this recipe:

- My first test was a half recipe using half almond butter and half unsalted butter, baked in five 2" panettone papers, topped with sliced almond streusel. Delicious but quite a large portion - I prefer smaller sizes.
- Second: full recipe in the larger silicone muffin molds using a mix of 65 g all purpose flour, 40 g whole wheat pastry flour, 30 g ground oats and 125 g dark rye flour; reduced brown sugar to 100 g and added 25 g maple sugar; topped with chopped chocolate pieces and hazelnut streusel. Delicious!
- Third: added 170 g chopped chocolate to the batter; topped with a mix of chopped walnuts and raw sugar.