



FROM THE DESK OF
BISHOP JUAN ROBERTO DOMINGUEZ

For Mrs. Callahan,
who asked if
bananas could be
rescued gracefully.

May 18, 2019

CHOCOLATE STRAWBERRY BANANA BREAD

Very ripe bananas are not a problem so much as an invitation. With cocoa, strawberries, a little brown sugar, honey, and Greek yogurt, they become a rich, tender loaf that is chocolatey without being too sweet and just indulgent enough to justify cutting a second slice.

You will need:

- 3 Very ripe medium bananas mashed
- 2 large eggs
- 3 / 4 c plain greek yogurt
- 1 / 4 c light brown sugar, packed
- 2 T honey
- 1 / 4 c melted butter or neutral oil
- 1 t vanilla extract
- 1 1 / 4 c all purpose flour
- 1 / 3 c unsweetened cocoa powder
- 1 t baking soda
- 1 / 2 t baking powder
- 1 / 2 t salt
- 3 / 4 c fresh strawberries, diced small
- 1 T flour, for tossing the strawberries

Optional:

- 1 / 3 c dark or semisweet chocolate chips
- 2 or 3 T crushed freeze dried strawberries
- 1 / 3 chocolate or vanilla protein powder

To make it:

1. Heat oven to 350° F, Grease or line a 9x 5 loaf pan.
2. In one bowl, mash bananas and whisk in eggs, greek yogurt, brown sugar, honey, melted butter/oil and vanilla until combined. (all wet ingredients)
3. In another bowl, whisk flour, cocoa powder, protein powder, baking soda, baking powder and salt. (dry ingredients)
4. Fold dry ingredients into wet just until no streaks remain.
5. Pat diced strawberries dry, toss with 1 tablespoon of flour and fold into the batter with chocolate chips if you are using them.
6. Pour into loaf pan. Scatter a few extra strawberries or chocolate chips on top if desired.
7. Bake 55 - 65 minutes. Begin checking around 50 minutes by poking the center with a tester utensil. The utensil should come out with moist crumbs and not wet batter.
8. Cool 15 minutes in the pan then transfer to a rack. let cool before slicing.

The cocoa makes it richer without being heavy.
Greek yogurt keeps it tender and moist for days.
Freeze-dried strawberries deepen the berry flavor beautifully.
Wrap it to store it and guard a slice for yourself!

← The darker
the bananas,
the better.

} Do not be
timid with
chocolate.

← Pat them dry
first or they
sulk in the
batter.

← Let it cool
completely.

← Sebastian
always eats it
too early.

VARIATIONS:

Add chopped toasted walnuts or pecans.
Swap half the all purpose flour for
whole wheat pastry flour.
Try a swirl of strawberry Jam.
A pinch of espresso powder
deepens the chocolate.

ALCOHOL-FREE OPTION:

For deeper flavor, use 1 teaspoon
bourbon vanilla extract in place of
regular vanilla.
No alcohol. All spirit.
All goodness.

NOTES:

The best things in life ask for time. Give it. — J.R.D.