

Banana Bread with Dark Chocolate & Ginger – Comfort du Jour

I clicked on a headline in my news feed recently to learn about the secret ingredients in Meghan Markle’s mouthwateringly delicious banana bread. Turns out, it’s chocolate chips and crystallized ginger—not such a secret, but definitely an excellent combination! The two flavors play very nicely together, and the friendly and familiar backdrop of an otherwise classic banana bread is a great venue for chocolate and ginger to strut their stuff.

INGREDIENTS

1 cup all-purpose flour* (see notes for measuring tips)
1 cup whole wheat pastry flour*
2/3 cup organic cane sugar (reserve 1 Tbsp. to sprinkle on top)
3/4 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground cinnamon
6 Tbsp. unsalted butter, melted and cooled (plus extra butter for greasing pan)
2 large eggs (room temperature)
1 1/2 cups mashed ripe banana* (about 3 large bananas)
1/3 cup Greek yogurt (stir thoroughly so consistency is even)
1 tsp. vanilla extract
3/4 cup semi-sweet chocolate chips or chunks
1/3 cup finely chopped crystallized ginger (optional)

*NOTES

For proper measuring, follow the “fluff, sprinkle, level” method. Scooping directly into the flour bag or container can result in a dense batter.

Whole wheat pastry flour is softer than regular whole wheat or even white whole wheat—perfect for pie crust, cookies and quick breads. If you prefer, combine for a total of 2 cups all-purpose flour.

The longer bananas ripen, the sweeter they become, so as long as they don’t have mold or a bad odor, black bananas are good here!

INSTRUCTIONS

1. Preheat oven to 350° F, and position rack in center of oven. Grease a 9 x 5” (or equivalent volume) loaf pan generously with butter.
2. Combine dry ingredients and whisk together in a large bowl.
3. In a second bowl, lightly beat the eggs with a fork. Add mashed bananas, yogurt, melted butter and vanilla; stir with fork or whisk to fully combine.
4. Add wet ingredients to dry ingredients and gently fold with a rubber spatula just until combined.
5. Fold in chocolate chunks and ginger bits, being careful not to overmix.
6. Transfer the batter into the prepared pan and sprinkle the top with reserved sugar.
7. Bake about 55 minutes, or until the loaf is nicely browned and a toothpick comes out clean. The toothpick test can be tricky because of all the chocolate, so you may need to poke in more than one spot.
8. Cool the loaf in the pan about 5 minutes, then turn out onto cooling rack and cool completely.