



Chai-Spiced Banana Bread

with Walnuts



1,5h



2 Servings

The coziest quick bread of the bunch: banana bread! With its tender crumb and delightfully spiced aroma, it's impossible to skip on a piece of this dynamic loaf. Walnuts provide a healthy bite of texture to this cinnamon, ginger, and cardamom-forward treat that's perfect alongside your morning coffee. (2-p serves 8; 4-p serves 10)

What we send

- 1 oz walnuts ⁴
- 2 (½ oz) freeze dried bananas
- 5 oz all-purpose flour ²
- ¼ oz baking soda
- ¼ oz chai spice
- 2 oz dark brown sugar
- 4 (1 oz) sour cream ³

What you need

- kosher salt
- 4 Tbsp unsalted butter ³
- neutral oil
- 1 large egg ¹
- ¼ c milk or water
- vanilla extract

Tools

- 8x4-inch loaf pan
- nonstick cooking spray
- rimmed baking sheet
- spice grinder or food processor
- microwave

Allergens

Egg (1), Wheat (2), Milk (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 250kcal, Fat 15g, Carbs 24g, Protein 4g



STEP

1

1. Toast walnuts

Preheat oven to 350°F with a rack in the center position. Spray an 8x4-inch loaf pan with nonstick cooking spray. Spread **walnuts** on a rimmed baking sheet; bake on center rack until lightly browned and fragrant, 8-10 minutes. Cool to room temperature, then coarsely chop.



STEP

2

2. Mix dry ingredients

In a spice grinder or food processor, grind **bananas** into fine powder. Alternatively, crush bananas in packet with a rolling pin or heavy skillet until powdery. In a large bowl, whisk together **banana powder, flour, ½ teaspoon baking soda, and ¼ teaspoon each of chai spice and salt** until evenly combined.



STEP

3

3. Mix wet ingredients

In a small bowl, microwave **4 tablespoons butter** until melted; stir in **2 tablespoons oil**. In another large bowl, whisk together **brown sugar** and **1 large egg** until fully combined. Gradually whisk in **butter-oil mixture** until combined. Whisk in **all of the sour cream, ¼ cup milk or water, and ½ teaspoon vanilla**.



STEP

4

4. Mix batter

Add **sour cream mixture to flour mixture**; using a spatula, fold until nearly combined but a couple streaks of dry flour still remain. Add **walnuts** and continue folding until no dry flour remains and a thick batter is formed. Transfer **batter** to prepared pan and smooth into an even layer.



STEP

5

5. Bake

Bake **loaf** on center rack until well risen, golden brown, and a toothpick inserted into the center comes out clean (internal temperature should register 205°F), 45-50 minutes.



STEP

6

6. Cool & serve

Cool **banana bread** in pan for 15 minutes, then remove loaf from pan and cool on a wire rack until room temperature. Cut into slices and serve. Enjoy!