Recipes for church

1. **Coconut Banana Bread with Lime Glaze**  
   adapted by Our Best Bites from Cooking Light

2 C flour  
3/4 tsp baking soda  
1/2 tsp salt  
1 C sugar  
1/4 C (4 Tbs) real butter, softened  
2 large eggs  
1 1/2 C mashed ripe bananas (about 4 large bananas)  
1/4 C sour cream or plain yogurt  
3 Tbs apple juice or milk\*  
1 tsp vanilla extract  
1/2 C coconut  
optional (if you have it, add it!): 1/2 teaspoon coconut extract

**Topping:** 2 Tbs additional coconut  
**Glaze:**1/2 C powdered sugar whisked with 1 1/2 Tbs fresh lime juice and optionally the zest from the lime as well.

\*as in: don’t go buy apple juice just for this recipe.  If you don’t already have some, just use milk!

Preheat oven to 350 degrees.

Whisk flour, baking soda, and salt together and set aside.

In a large mixing bowl, beat butter and sugar until blended.  Add eggs and beat to combine.  Add banana, sour cream or yogurt, apple juice (or milk), and vanilla.  Beat until blended.  
Add flour mixture and beat at a low speed until just combined.  Stir in 1/2 C coconut.

Pour batter into a 9×5″ loaf pan that has been sprayed with non-stick spray.  Sprinkle additional 2 Tbs coconut on top.

Bake in the oven for about 1 hour or until a knife or skewer inserted in center comes out clean. **Note:** Check bread after about 40 minutes.  If the top has browned and the coconut pieces are looking toasty, cover top of bread lightly with a piece of foil.  Continue baking until done.

When done, remove pan from oven.  Let cool on a cooling rack for about 10 minutes and then carefully remove from pan.  Whisk powdered sugar and lime juice together for the glaze and then drizzle over top.    Cool for another 15 minutes before slicing.

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1. **Tomato Basil Soup**

6 large tomatoes or 3 cans of diced tomatoes

10 fresh basil leaves or 3 TBSP dried basil

1 stick of butter

1 cup half and half, you may use fat free if you wish

1 container chicken broth, 32 oz

1 tsp sugar

1 tsp salt

1 tsp pepper

If using fresh tomatoes, blanch them and remove their skins. Also remove as many of the seeds as possible by using a strainer. Save the tomato juice for the soup. If using canned tomatoes, just pour all three cans into your soup pot.

Place your pot over medium heat. Add the butter, half and half, and chicken broth and stir until butter melts and liquids are combined. Add sugar, salt, and pepper, adjusting to your preference.

Next, break fresh basil leaves into soup or pour in the dried basil. Let soup cook on low for 15-20 minutes, until well combined and fragrant.

Lastly, if you want a smooth soup, use an immersion blender or scoop soup into a regular blender to get it smoother. If you like your soup chunky, just serve it as-is without blending it. All done! Enjoy!

1. **Summer Squash Quiche**

4 summer squash, sliced

1 sweet onion, diced

1 Tbsp Olive Oil (Basil infused is the best option)

4 eggs

1/4 cup flour

1/4 tsp dry mustard

1/4 tsp cayenne pepper OR garlic powder

1/2 tsp salt

1/2 tsp pepper

1 cup half and half

1 unbaked pie crust (Pillsbury brand tastes best)

1 cup shredded hickory smoked Gruyere cheese

1 Tbsp fresh basil + 4 leaves

Preheat oven to 375 degrees.

In a skillet, sauté squash and onion in the olive oil until onion is translucent.  Set aside.

Spread out unbaked pie crust in pie pan and roll out pie crust.  Place just enough cheese at the bottom of the crust to cover it, about 1/4 of the cheese.  Cook for 5 minutes, until cheese is beginning to melt.  Remove from oven and set aside.

In a medium mixing bowl, combine eggs, flour, mustard powder, cayenne pepper, salt, pepper, half and half, and 1 Tbsp fresh basil leaves shredded up. Once mixed, add squash and onion mix and additional cheese.  Mix and pour into pie crust.  Top with gently shredded basil leaves.

Cook for 30 minutes or until set.  15 additional minutes is sometimes needed on mine, depending on the pan I use. (Glass takes additional time to metal.)  Let stand an additional 15 minutes after removing from the oven.  Serve and enjoy!

For muffin tin quiches, cook for 15 minutes or until set, adding time as needed depending on the size of the muffin holes.

Gluten-Free option: Omit flour from recipe, spray muffin tins with butter spray and pour mixture directly into the tins. I use mini-muffin tins for the gluten-free version. Personal preference. Cook for 15 minutes or until the top is browning a little bit. Once out of the oven, IMMEDIATELY run a butter knife along the edges of the quiche to loosen it from the sides of the tins. Let cool for 5 minutes and use a spoon to scoop out the quiches. I like to serve these in an egg carton for fun, as pictured.