



**TROPICAL BANANA COOKIES and TROPICAL FRUIT COOKIE BREAD**  
**Tropical regions including Central America and the Caribbean**

**Ingredients:**

- 2-1/2 cups all purpose flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2/3 teaspoon baking soda
- 3/4 cup unsalted butter
- 2/3 cup granulated sugar
- 1/3 cup firmly packed brown sugar
- 2 eggs
- 1 cup ripe mashed bananas (about 3 bananas)
- 1 teaspoon vanilla
- 1/4 teaspoon rum extract
- 1/4 cup semi-sweet mini chocolate chips
- 1/4 cup chopped pecans

**Toppings:**

- 2 Tablespoons granulated sugar
- 1/8 teaspoon cinnamon

Suggested toppings: As desired flaked coconut; pecan halves

For Banana Cookie Bread:

1/2 cup chopped macadamia nuts

1/4 cup soft fine chopped candied pineapple

1/4 cup flaked coconut

Preheat oven to 350 degrees F. Place nonstick mats on insulated cookie sheets.

In a medium bowl, sift flour, salt, baking powder, and baking soda; set aside.

In a mixing bowl, cream butter, granulated sugar, and brown sugar. Add eggs. Beat in mashed bananas, vanilla, and rum extract. Gradually stir in the reserved flour mixture to form soft dough.

Remove 2 cups of dough to a medium sized bowl. Set aside.

Stir in mini chocolate chips and chopped pecans to the remaining dough.

Using a 2-3/4 teaspoon cookie scooper. Drop chocolate chip dough on prepared cookie sheets, about 2 inches apart.

Combine sugar and cinnamon. If desired: Sprinkle each cookie with a pinch of sugar mixture. Cookies can also be topped with flaked coconut or a pecan half.

Bake in preheated 350 degrees F oven for 12 to 15 minutes or lightly browned. Let rest 5 minutes; remove to cooling rack. Cool completely. Sprinkle pecan topped cookies if desired with confectioners' sugar a Yield: 36 cookies

### **Tropical Fruit Cookie Bread:**

To the remaining batter; stir in chopped nuts and chopped candied pineapple. Spread evenly in 8x4-1/2 inch greased loaf pan. Combine 1/4 cup flaked coconut with remaining cinnamon sugar; sprinkle evenly over the top.

Bake in preheated 350 degrees F oven for 35 to 40 minutes or tests done with an inserted toothpick. Cool 10 minutes; loosen sides of bread; turn out onto cooling rack. Cool completely. Yield: about 12 slices

About the Recipe: Wow! This recipe serves 36 soft banana chocolate chip cookies plus about 12 slices of delightful tropical fruit bread. What a delight these are! Be inspired and decorate them island style.

Bananas and pineapple grown in tropical countries like Africa, Central American, South American, Caribbean and Pacific Island to name a few. Bananas are a staple food, delicious in flavor and nutritious.