

This Recipe Uses Our...

ALLSPICE / NUTMEG / TRUE CINNAMON (Ceylon)

JAMAICAN BANANA BREAD



FEATURING
OUR
OUR ALLSPICE POWDER

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This is a different kind of Banana Bread, but wow- what a great tasting combination of flavors! Bananas, pecans, coconut, lime, rum flavor, and spices - all true Jamaican flavors that make for an oh-so yummy bread. Allspice and Nutmeg are the main spices used in this recipe, and they work perfectly to complement the exotic ingredients. Try it and see - the Jamaican twist to this bread is absolutely unforgettable and delicious!

Ingredients For Bread:

2 Tblspns Butter, softened	1 1/2 Tblspns Rum Extract	2 cups flour
3/4 cup Sugar (white)	1/4 cup flaked Coconut	2 tsp Baking Powder
1/2 tsp Baking Soda	2 Tblspns Cream Cheese, softened	1/2 tsp Nutmeg
1/2 tsp Ceylon Cinnamon	1 egg, / 2 tsp Allspice	1 cup mashed Bananas
1/2 cup Coco Lopez, coconut milk	1/8 tsp salt, / 1 tsp lime zest	2 tsp Coconut Extract
	2 tsp lime juice	1/4 cup toasted Pecans

Ingredients/Directions For the Topping:

Cook the following over medium heat until the butter and sugar are melted:

1/2 cup Brown Sugar	4 tsp butter	4 tsp lime juice	1 Tblspn Rum Extract
4 Tblspns toasted Pecans	4 Tblspns toasted flaked Coconut		

DIRECTIONS FOR THE BREAD: In a mixing bowl, beat together the butter and cream cheese until light and fluffy. Add the sugar and the egg and mix to combine. In a separate bowl, combine the flour, baking powder, baking soda, spices and salt. In another bowl mix together the bananas, Coco Lopez, rum and coconut extracts, lime zest, and lime juice. Pour 1/3 of the flour mixture into the butter/sugar mixture and combine. Then add to this mixture, 1/3 of the banana mixture. Repeat adding the flour and banana mixtures to the butter/sugar mixture until all are combined. Fold in the pecans and the coconut. Pour the batter into a greased large metal loaf pan, or 3 greased mini loaf pans. Bake at 350 degrees until a knife inserted into the middle of the loaf comes out clean. Cool the loaf/loaves on a rack and then pour the topping over the loaf/loaves while they are still warm.

MEDITERRANEAN BLEND, Garlic Granules, Fennel Seed Powder

MEDITERRANEAN CHICKEN WITH SPAGHETTI SQUASH



FEATURING OUR:
MEDITERRANEAN BLEND

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Here is a delicious (and healthy) way to enjoy spaghetti squash. Our Mediterranean Blend, Fennel Seed Powder, and Garlic Granules are the perfect herbs and spices to give this dish 'old world' flavors, without a lot of fat and carbs!

INGREDIENTS: 1 medium spaghetti squash	1 tsp Fennel Seed Powder
1 1/2 lbs. boneless/skinless chicken breasts, cut into cubes	1 tsp salt, - 1/4 tsp pepper
1 medium onion, chopped	1 cup fat free chicken broth
1/2 cup canned artichoke hearts, (roughly) chopped	1/2 cup white wine
1 can (2 1/4ounces) sliced black olives	1/3 cup low-fat half and half
1 pint (fresh) grape tomatoes, cut in quarters	1/2 cup feta cheese, 3 Tblspns olive oil
3 Tblspns flour, 2 tsp Garlic Granules (divided)	2 1/2 Tblspns Mediterranean Blend (divided)

DIRECTIONS: Cut the spaghetti squash in half and discard the seeds. Cook until tender in a microwave or regular oven (cut side down), or in a pressure cooker (e.g. 'Instant Pot'). Remove the squash 'noodles' from the shell by scraping with a fork. Spread the noodles on paper towels (for 30 minutes) to absorb the excess moisture. In a skillet sprayed with cooking spray, cook the chicken until no pink remains. Remove the chicken from the skillet and set aside. In the same skillet, cook the onions and 1 tsp of Garlic Granules in the oil for 1 minute. Stir in the flour, then slowly add the broth, wine, and the half & half. Bring to a boil and cook until thickened. Stir in the artichokes, olives, tomatoes, 2 Tblspns of Mediterranean Blend, Fennel Seed Powder, salt, pepper and the chicken. In a separate skillet, quickly stir fry the dried squash in cooking spray, 1/2 Tblspn of Mediterranean Blend, and 1 tsp of Garlic Granules. To serve, place the squash on a plate, top with about a cup of the chicken mixture and garnish with the feta cheese.