

Banana & Buckwheat Bread

Prep: 10 mins
Cook: 1hr 10 mins
Makes: 1 loaf
GF, DF & VO

Bananas are full of potassium and are a great source of prebiotic fibre. The greener the banana, the more potent its resistant starch, which ups the prebiotic fibre even more. This is a perfect, wholesome snack for adults and kids. Toast and top with vegan butter or have on its own.

Ingredients

- 1½ cups buckwheat flour
- ½ cup raw honey (or rice syrup or maple syrup for a vegan option)
- 1 teaspoon baking powder
- ½ tsp bicarb soda
- 2 tsp cinnamon
- 1 cup bananas (approx. 3 bananas), mashed
- 1 banana, sliced lengthways
- 1 organic egg (or 3 tbsp flaxseed meal and 3 tbsp water, mixed for a vegan option)
- ½ cup plain (natural) yoghurt (or plain coconut yogurt)
- ¼ cup macadamia oil
- 2 tsp vanilla bean paste

Method

Preheat oven to 160°C. Lightly grease and line a loaf tin
Place the buckwheat flour, baking powder, bicarb soda and cinnamon in a large bowl and mix to combine.
Add the mashed banana, egg, yoghurt, oil, honey and vanilla bean paste. Stir to combine.
Pour into the lined loaf tin and top with the banana halves.
Bake for 50-60 mins or until cooked (test with a skewer). Cool on a rack. Enjoy while warm. Will keep in the freezer for three months.

