



SPELT BANANA BREAD

INGREDIENTS

2C Ripe/mashed banana
2 eggs
1/2Tbsp vanilla or rum
extract
1C packed light brown
sugar
1/2C unsalted butter plus
more for pan
2C Guardian Grains whole
nutrition SPELT flour
1 tsp salt
1 tsp ground cinnamon
1 tsp nutmeg
1 tsp baking soda
1 tsp baking powder

DIRECTIONS

1. Heat oven to 350 & grease 9x5 bread pan with butter.
2. In small pan melt the butter over medium-low heat & whisk in brown sugar until smooth.
3. Add mashed banana
4. Whisk in eggs and vanilla or rum extract
5. In small bowl combine: salt, cinnamon, nutmeg, baking soda & baking powder; then sprinkle the surface of banana batter with these dry ingredients evenly and whisk until incorporated.
6. Add SPELT flour and stir until combined.
7. Scrape batter into prepared loaf pan.
8. Bake 55-75 minutes depending on your preference of moisture and doneness or insert toothpick into center of loaf until clean

NOTES

Bread will be dark but will not taste burned. Let cook completely in pan before baking.
Optional: caramelize a split banana and lay on top of batter before baking.