



Buckwheat Banana Bread – Gluten Free

I love it when an experiment becomes a real hit! I really wanted to use Buckwheat in my banana bread but didn't find any recipes without a mixture of other flours, so I ventured into it on my own. Everyone loved it so much that they were coming back for seconds and wanted the recipe.

Buckwheat is a gluten free grain despite having the word wheat in it. It is high in fibre, unlike rice and corn, and is a great source of B Vitamins, Magnesium, manganese and copper. It makes great GF bread, pancakes and cakes. It can even be used whole and cooked like a risotto or roasted on a pan or oven to make a crunchy muesli or salad.

Ingredients:

2 large or 3 medium ripe bananas mashed.

60g butter or Nutalex

½ cup of raw sugar or Monk fruit extract

2 large eggs

½ cup almond meal

1 cup of buckwheat flour

1 tsp baking powder

¼ tsp bicarb soda

1 tsp ground Nutmeg and cinnamon

Method:

Mix butter and sugar in a mixing bowl with electric beaters on medium until fluffy. Add in eggs one at a time, mixing with beaters on high. Mix the dry ingredients and

mashed banana alternatively into the wet mixture and stir gently until combined. Pour into loaf tin and bake at 180 degrees for 50min. Check with skewer or knife in the centre, and if still wet give it another 10min in the oven.

Take it out of the tin and let it cool on a wire rack. Serve as it is or with butter/plant based spread. Enjoy!

Recipe by Gauri Donald, Accredited Practising Dietitian