

GLUTEN FREE BANANA BREAD

Ingredients:

Difficulty: Medium

(makes 1 loaf - my loaf mould is 23.5x8cm at the bottom)

(in my measurements, 1 cup = 2.4 dl)

1 egg

1 cup / 2 dl + 2 tbsp + 2 tsp coconut sugar (kookossokeri or kookospalmusokeri in Finnish, you can find it in Ruohonjuuri or even in big K-markets, like the one in Kamppi)

1 1/2 cups / 3 dl + 4 tbsp buckwheat flour (tattarijauho in Finnish)

1 tsp baking powder

1/2 tsp baking soda

2 tsp ground cinnamon

1 cup / 2 dl + 2 tbsp + 2 tsp mashed bananas (ripe bananas are better - about 2 or 3 bananas make this much)

1/2 cup / 1 dl + 1 tbsp + 1 tsp plain yogurt (I used Valio's Luonnonjogurtti, %0.4 fat)

1/4 cup / 4 tbsp vegetable oil (original recipe calls for grape seed oil, but I used what I had home, which was canola oil)

1/3 cup / 5 tbsp + 1 tsp rice syrup (plus a little more for brushing the surface, after it is baked - optional)

1 tsp organic vanilla extract

1 banana to put on top.

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1. Preheat the oven to 160C. Grease your loaf mould with a little vegetable oil and put aside.

2. In a mixing bowl, put the egg and coconut sugar, and mix in medium speed until they incorporate.

3. Add the rest of ingredients on the list, except for 1 extra banana - so add: buckwheat flour, baking powder, baking soda, cinnamon, mashed bananas, yogurt, vegetable oil, rice syrup and vanilla extract) and beat until they combine well.

4. Pour the batter into the prepared loaf mould.

5. Peel that one extra banana and slice it in 2 pieces, put on top of the batter gently as seen in the photo (cut side looking up). Bake for 60 to 70 minutes in middle rack in your oven, until it gets brown on surface and when a toothpick inserted in the middle comes out clean. Once baked, take out of the oven and leave to cool for 5 minutes, then take out of the mould and cool a bit more before you slice and eat. Optionally, you can brush the surface with a little bit of rice syrup. Enjoy!