

Gluten-Free Sourdough Banana Bread

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Directions:

- 1/2 cup butter, softened (half-melted, but not hot)
- 2 eggs
- 1/2 cup brown rice sourdough starter
- 2 Tablespoons of liquid (water or milk of your preference)

Mix butter, eggs, liquid and starter together.

In a separate container, blend:

- 1 cup sorghum flour (also called Milo flour)
- 1/2 cup buckwheat flour
- 1 and 1/2 teaspoons of finely ground psyllium husk powder (7.5 grams)

Combine your wet and dry ingredients. Cover and allow to ferment for 7-12 hours.

After fermenting:

Preheat oven to 350 degrees. Place baking dish in oven to heat while you finish your batter.

To your fermented dough, add:

- 2 cups of mashed bananas (approximately 4 medium sized bananas)
- 1 tsp. vanilla
- *Honey (Either 1/4 cup, 1/3 cup or 1/2 cup; see directions below)
- 1/4 tsp. white Sweetleaf Stevia Powder
- 1 teaspoon baking soda

Mix well. Remove pan from oven. Rub a stick of butter along sides and bottom of pan and allow to melt. Pour batter in pan and bake as follows:

1 loaf pan, bake for 50-55 minutes

9x13 inch cake pan, bake 20-25 minutes.

Banana bread should be firm, lightly browned, and a toothpick, inserted into bread, should come out clean.

After baking, like most breads, allow to rest several minutes before slicing. **Enjoy!!**

* This recipe uses honey for its sweetness and its moisture. Sugar will work, but it will result in a more dry loaf. Traditional banana bread recipes use 1 cup of sugar per loaf. For similar sweetness, use 1/2 cup of honey (8 TBS) with 1/4 tsp. stevia. If you are in the process of reducing your sugar intake, try 1/3 cup of honey (5 TBS) with 1/4 tsp. stevia. If you are already accustomed to low sugar, you may enjoy 1/4 cup (4 TBS) of honey with 1/4 tsp. stevia, or adjust to your individual preference.

