



Einkorn Banana Bread

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

Pack more minerals and protein into your banana bread recipe by using einkorn flour Einkorn flour is just as versatile as regular allpurpose flour and it can be substituted cupfor cup in any recipe You will be amazed by the flavor

Ingredients

- - 1 cup white sugar - ½ cup unsalted butter
- melted - 2 large eggs - 1 tablespoon milk - 1 teaspoon vanilla extract - 1 ½ cups all-purpose einkorn flour
- sifted - 1 teaspoon ground cinnamon - 1 teaspoon baking soda - 1 teaspoon baking powder - ¼ teaspoon salt - 3 medium ripe bananas
- mashed - ½ cup chopped walnuts

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan. Stir sugar and melted butter together in a bowl. Mix in eggs
2. milk
3. and vanilla until well combined. Combine sifted flour
4. cinnamon
5. baking soda
6. baking powder
7. and salt in a separate bowl. Stir flour mixture into butter mixture until smooth. Fold bananas and walnuts into the batter until fully incorporated. Spread batter evenly into the prepared pan. Bake in the preheated oven until an instant-read thermometer inserted into the center of the loaf reads 195 degrees F (90 degrees C)
8. about 55 minutes. Remove from the oven and cool in the pan for 10 minutes. Remove loaf from the pan and finish cooling on a wire rack.