

Buckwheat Banana Bread

Makes 10 slices

- 1 cup almond meal
- 1 cup oats (quinoa flakes for GF)
- ½ cup buckwheat flour
- 1 tablespoon psyllium husks
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 large mashed bananas
- 2 eggs
- ¼ cup coconut oil, melted
- 2 tablespoons rice malt syrup
- 1 teaspoon vanilla extract
- ¼ walnuts, coarsely chopped
- ½ lemon, zest
- 1 banana, sliced vertically to go on top

Preheat the oven to 180°C. Grease a loaf pan and line with baking paper.

Combine the almond meal, oats, buckwheat flour, psyllium, salt, baking powder, baking soda, cinnamon and nutmeg in a bowl. In a separate bowl beat the eggs until pale and fluffy. Add the eggs, banana, oil, rice malt syrup, vanilla, walnuts and lemon zest to the dry mixture and mix thoroughly.

Spoon the mixture into the loaf tin and smooth with the back of a spoon. Top with the extra banana and bake for 35-40 minutes or until a skewer inserted into the middle comes out clean.

Cool and slice. This will keep in the fridge for 1 week or in the freezer for 1 month and just toast when serving. If keeping in the freezer slice and place baking paper between each slice.

