

# BLUEBERRY-BANANA BREAD

MAKES ONE 9X5-INCH LOAF

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*8 Tablespoons unsalted butter or unrefined coconut oil, at room temperature*

*½ cup maple syrup (I prefer Grade A which has a more subtle flavor)*

*2 large eggs, at room temperature*

*1 Tablespoon pure vanilla extract*

*2 cups whole spelt flour or whole wheat pastry flour*

*1 teaspoon baking soda*

*½ teaspoon aluminum-free baking powder*

*½ teaspoon fine grain sea salt*

*3 large **ripe** bananas, peeled and mashed (about 1 cup)\**

*1 cup fresh blueberries*

*½ cup chopped pecans or walnuts (optional)*

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1. Preheat the oven to 350 degrees. Grease the bottom and sides of a 9x5-inch loaf pan. Line with parchment paper, if desired.
2. Beat the butter with the maple syrup in the bowl of a mixer fitted with a paddle attachment. Add the eggs and vanilla and combine well. The mixture will look curdled and that is normal.
3. In a medium bowl mix together the flour, baking soda, baking powder and sea salt. Add to the wet mixture and combine until just blended. Fold in the mashed bananas and most of the blueberries and nuts. Save a few blueberries and nuts for the top of the loaf.
4. Pour into the prepared pan and sprinkle the reserved blueberries and nuts on top. Bake for 55-65 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan 10 minutes and then remove the bread and transfer onto a rack.

\*Do not attempt this with bananas that are unripe. They are neither sweet enough nor soft enough.

Gluten-free dry mix to sub for the 2 cups of spelt flour:

½ cup sorghum flour

½ cup millet flour

½ cup sweet rice flour

¼ cup GF oat flour

3 Tablespoons potato starch

1 Tablespoons tapioca starch

1 teaspoon xanthan gum