

Low-Gluten Cocoa-Banana Bread

INGREDIENTS (makes 1 loaf)

- 2 cups spelt/buckwheat/soy flour
- ¼ cup cocoa powder
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 1 large egg
- ½ cup real maple syrup
- ½ cup soy milk
- 2 large bananas, mashed well
- ⅓ cup chopped pecans or walnuts, roughly chopped
- ⅓ cup water



METHOD

1. Preheat the oven to 180°C. Lightly oil or line a 22 x 12cm loaf pan with baking paper.
2. In a large mixing bowl, combine the flours, cocoa powder, baking powder, cinnamon and salt.
3. In another large mixing bowl, using a hand whisk beat the egg with the maple syrup until well mixed, about 1-2 minutes. Add in the milk, mashed bananas, nuts and water, beating until well combined
4. Add the dry ingredients to the wet, mixing until *just* combined. Pour the batter into the prepared pan. Bake for 30-40 minutes, or until a knife inserted into the centre of the loaf comes out clean. Serve warm or at room temperature.