

# Buckwheat Banana Bread

## Ingredients

- 1 3/4 cups buckwheat flour
- 1/3 cup sugar (or maple syrup)
- 2 heaping teaspoons cinnamon
- 2 heaping teaspoons baking powder
- pinch of salt
- 4 large, very ripe bananas, mashed
- 1/3 cup oil (Canola oil preferred)
- 2 teaspoons vanilla extract (optional)

## Directions

Step 1: Preheat oven to 350 degrees F

Step 2: In a medium/large mixing bowl, combine the buckwheat flour, sugar, cinnamon, baking powder and salt, mix well.

Step 3: Add the mashed bananas, oil and vanilla, to the dry ingredients and mix well

Step 4: Lightly greased 9×5 loaf pan, put batter into pan, and bake on the middle rack for 50 minutes

Step 5: Remove from oven, let cool for about 10 minutes and enjoy.

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