



MAPLE AND BROWN SUGAR BANANA BREAD

INGREDIENTS (DRY):

- 2 ¼ cup gluten-free flour*
- ¾ cup brown sugar
- 1 tsp baking soda
- ¼ tsp salt

INGREDIENTS (WET):

- 2 ½ cup mashed, overripe banana (2-3 bananas)
- 2 eggs
- ½ cup butter
- ⅛ cup maple syrup
- ½ tsp vanilla

INGREDIENTS (OPTIONAL ADD-INS):

- ½ cup chopped nuts of pecan or walnut

NOTES:

ABOUT THIS RECIPE

Gluten-Free quick breads are not very hard to get right. So this is an easy recipe if you're just starting out with gluten free baking. If you have a couple of overripe bananas and you like maple and brown sugar, this one is a no-brainer.

This is a great recipe to keep in mind for whenever you find that you have a few surplus bananas that have gone brown before you get around to eating them. If you're not ready to make your bread when that happens, just peel your bananas, mash them and pop them in the freezer until you're ready to make it.

DIRECTIONS:

1. Preheat oven to 350° and lightly grease a 9x5 loaf pan.
2. In one bowl, mash the overripe bananas.
3. In another bowl, combine all dry ingredients EXCEPT the brown sugar.
4. In another bowl, cream together the butter and brown sugar with a hand mixer.
5. Add eggs, mashed banana, maple syrup and vanilla to the creamed butter and sugar. Mix until well combined.
6. Stir the wet mixture into the dry ingredients until the dry ingredients are all incorporated. Don't overmix it.
7. Pour the mixture into the prepared loaf pan.
8. Bake in preheated oven 60-65 mins. check the bread at 30 minutes. If it looks like it's getting too dark, tent the pan loosely with foil. Bake until a toothpick comes out clean.
9. Let the bread cool for 15 mins. before turning it out onto a wire rack.

I would have included a photo of this bread but, every time I bake it, it's almost completely gone by the time I try to take a photo of it.

* I used Namaste Foods - Gluten Free Perfect Flour Blend (purchased from Costco). Your flour blend might be different and may yield different results. Adjust ingredients accordingly (ratio of wet and dry, etc) to work with your blend.