Banana buckwheat bread

I love banana bread, but not only is it often not gluten, dairy or egg free, it is generally deceptively unhealthy! I have been looking for a version that is the opposite, as well as grain free, and tasty! So I created this recipe. I find it is best toasted under the grill, with dairy-free butter, jam, or smashed fruit on top.

Ingredients:

1 cup of buckwheat flour
1/2 cup of almond flour
1/4 cup of desiccated coconut



1 teaspoon baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground allspice
2 tablespoons of flaxseed soaked in 5 tablespoons of water for 15 mins
⅓ cup melted coconut oil
½ cup maple syrup
1 cup mashed ripe bananas
¼ cup preferred dairy-free milk or water
1 teaspoon vanilla extract

Mix-ins
Nuts, chocolate chips, dried cranberries, or fresh fruit (optional)

Toppings
Buckwheat groats, coconut, cinnamon, cacao nibs
Method:

Preheat oven to 170 degree C and line a load pan.
Combine the dry ingredients in one bowl, and mix well.
Combine the wet ingredients in another bowl, and mix well.

Add the wet indigents to the dry and combine.
If adding mix-ins, fold into mixture.
Pour mixture into the pan.
Place buckwheat groats, coconut, cinnamon, or what you choose on the top.
Bake for 55 – 65 minutes or until the skewer inserted comes out dry.
Allow the bread to cool before slicing.
I hope you enjoy this with a nice cup of tea!