

Gluten-Free Sourdough Discard Banana Bread

Gluten-Free with Jenna | Metric Recipe

Ingredients

Ingredient	Amount
Mashed very ripe bananas	340 g
Gluten-free sourdough discard	120 g
Liquid coconut oil*	120 g
Eggs, without shells	150 g
Vanilla extract	5 g
Light brown sugar	75 g
Granulated sugar	75 g
Gluten-Free with Jenna All-Purpose Flour**	245 g
Baking powder	5 g
Baking soda	5 g
Ground cinnamon	5 g
Ground ginger	1 g
Ground nutmeg	2 g
Salt	5 g
Optional add-ins***	100 g total

* **Oil:** Canola oil may be used in place of the liquid coconut oil.

** **Flour:** This recipe uses Gluten-Free with Jenna All-Purpose Flour. It has also been tested with King Arthur Gluten-Free All-Purpose Flour, or you may use a combination of the two.

*** **Add-ins:** Use up to 100 g total. Try chocolate chips, pecans, walnuts, blueberries, or a combination.

Instructions

1. Preheat oven to **350°F (175°C)**. Grease or line your chosen pan.
2. Mash the bananas. Whisk in sourdough discard, oil, eggs, vanilla, brown sugar, and granulated sugar until well combined.
3. Add flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt. Mix just until combined; do not overmix.
4. Fold in up to 100 g of your chosen add-ins.
5. Let the batter rest for **10 minutes**.
6. For the mini loaf pans shown in the video, portion **200 g batter into each pan**. For regular muffins, divide batter among prepared muffin cups. For one large loaf, pour into a greased 9 x 5-inch loaf pan.
7. Bake regular muffins or 200 g mini loaves for **18-22 minutes**. Bake a 9 x 5-inch loaf for **50-60 minutes**, or until a tester inserted near the center comes out clean.
8. Cool in the pan for 5-10 minutes, then transfer to a rack to cool completely.

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