

MOIST BANANA NUT BREAD (EINKORN OR GLUTEN-FREE)



TIME REQUIRED

Prep Time: 15 minutes

Cook Time: 50–55 minutes

SERVING

8-10

INGREDIENTS

- 1 $\frac{3}{4}$ cups Einkorn flour (or gluten-free 1:1 flour blend)
- 1 tsp baking powder (aluminum-free)
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp fine sea salt
- $\frac{1}{2}$ tsp ground cinnamon
- 3 medium very ripe bananas, mashed
- $\frac{1}{4}$ cup unsweetened applesauce
- $\frac{1}{4}$ cup pure maple syrup (or 3 Medjool dates, soaked and blended)
- $\frac{1}{4}$ cup unsweetened almond milk (or oat milk)
- 2 tsp vanilla extract
- $\frac{1}{2}$ cup chopped walnuts or pecans, lightly toasted
- Optional: 2 tbsp ground flaxseed + 6 tbsp water (egg replacer if desired)

PS

This banana nut bread is warm, comforting, and naturally sweet, with the gentle nutty crunch of walnuts. The Einkorn or gluten-free flour keeps it wholesome while the bananas provide moisture and flavor. Perfect for a holiday breakfast or anytime you want a treat without spiking blood sugar.

MOIST BANANA NUT BREAD (EINKORN OR GLUTEN-FREE) CON'T

STEPS

Prep

- Preheat oven to 350°F.
- Line a 9x5 loaf pan with parchment paper or lightly grease with coconut oil.
- If using flax egg: mix ground flaxseed with water and let gel 5 minutes

Mix Dry Ingredients

- In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.

Mix Wet Ingredients

- In a large bowl, mash the bananas thoroughly.
- Stir in applesauce, maple syrup (or blended dates), almond milk, and vanilla extract.
- If using flax egg, fold it in here.

Combine

- Gently fold the dry ingredients into the wet mixture until just combined.
- Fold in the toasted nuts. Do not overmix, especially if using Einkorn flour – it is delicate and will make the bread dense if overworked.

Bake

- Pour batter into the prepared loaf pan and smooth the top.
- Bake at 350°F for 50–55 minutes, or until a toothpick inserted in the center comes out clean.
- Let the bread cool for 10–15 minutes in the pan, then transfer to a wire rack.

TIPS FOR SUCCESS WITH EINKORN FLOUR

- Minimal mixing: Einkorn flour develops gluten differently than modern wheat. Mix dry and wet ingredients until just combined to keep the bread tender.
- Moisture: Very ripe bananas and applesauce help keep the bread moist without extra oil.
- Optional sweetness: Use maple syrup or soaked/blended dates for a lower glycemic impact.
- To remove lectins from walnuts soak in water overnight

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