

## Gluten-free Banana Bread with Timtana flour

(Makes one 8 1/2" x 4 1/2" loaf)

Timtana flour is a gluten-free flour made out of timothy grass by Montana processors. It is very high in protein, and helps create nice moist baked goods. It is particularly good in yeast-raised baked goods, but really shines here, adding structure and volume as well as a nice nutty undertone which complements the banana flavour. This is a plain banana bread, showcasing the natural flavour of the fruit, but if you want, you can fold in 1 cup or so of nuts, raisins or even chocolate chips!

If you don't have Timtana flour, you can substitute another high-protein flour such as teff, garfava or defatted soy.



REAL  
FOOD

Made Easy

Combine dry ingredients in a bowl and whisk well to mix.

- 3/4 cup Timtana flour (90 grams)
- 1 cup cornstarch (128 grams)
- 1/4 cup almond flour (30 grams)
- 1 teaspoon xanthan gum
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground nutmeg

Mash bananas well and add other liquid ingredients in a large bowl

- 3 large ripe bananas, mashed well
- 1/4 cup buttermilk
- 2 large eggs, beaten
- 6 Tablespoons grape seed oil (or other neutral vegetable oil)
- 3/4 cup evaporated can juice or granulated sugar
- 1 1/2 teaspoon vanilla

Preheat oven to 350 degrees.

Add dry ingredients to the liquid ingredients, and mix very well. Pour into a well greased loaf pan.

Bake at 350 degrees for 60 minutes. After 15 minutes, slash lightly down the centre to prevent cracking on the sides. Cool in the pan for 10 minutes then remove and let cool to room temperature before slicing.