

Less than 1 hour

Makes 8-10 slices

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Ingredients:

- 2 cups (220g) buckwheat flour
- 1 tsp (5ml) baking powder
- 1 tsp (5ml) bicarbonate of soda
- $\frac{3}{4}$ cup (150g) castor sugar
- 600g (about 5-6) ripe or overripe bananas
- $\frac{1}{3}$ cup (80ml) almond butter or peanut butter + extra for serving
- 1 tsp (5ml) vanilla essence
- $\frac{1}{4}$ cup (60ml) oat, almond or plant-based milk of choice
- 1 firm banana, halved
- Maple syrup or vegan honey, for glazing
- Fresh berries, for serving

COOK'S NOTE:

This bread freezes well – simply defrost at room temperature and toast before serving.

Method:

1. Preheat oven to 180°C.
2. Place dry ingredients in a bowl and mix until well combined.
3. Mash bananas and add nut butter, vanilla essence and milk.
4. Mix well and add to dry ingredients.
5. Combine to create a smooth, thick batter.
6. Pour batter into a lined 12 x 20cm loaf tin.
7. Place banana halves on top and drizzle with maple syrup or honey.
8. Bake for 45-55 minutes or until a skewer inserted into the centre of the loaf comes out clean.

9. Cool in tin for 5-10 minutes and turn out onto a wire rack.
10. Slice and serve with extra nut butter, honey and berries.