

Kitchen Therapy

Sorghum Banana Bread with Walnuts

Makes 3 mini loaves (approximately 5 x 3 inches each)

ingredients	metric measures
3 very ripe large bananas, peeled	500 gm
1/3 cup canola oil	80 gm
1 large egg	50 gm
2 cups sorghum flour	250 gm
¾ cup white sugar	150 gm
½ cup chopped walnuts	60 gm
1 ½ teaspoon baking powder	6 gm
1 teaspoon xanthan	4 gm
½ teaspoon salt	4 gm
2 tablespoons demerara sugar, optional	25 gm

Preheat oven to 350 degrees.

Put bananas, oil and egg in a blender and process until smooth.

In a large bowl, thoroughly mix sorghum flour, sugar, walnuts, baking powder, xanthan, and salt.

Pour blended bananas into the flour mixture. Stir until smooth.

Allow to rest for 5 to 10 minutes to allow the xanthan to rehydrate. The batter will thicken.

Oil tins, divide batter equally. Sprinkle generously with demerara sugar if using. Place tins on a large rimmed cookie sheet so it is easier to get them in and out of the oven.

Bake for 50 minutes. Test for doneness. Is the loaf browned and firm? Insert a toothpick into the loaf. If it comes out clean the bread is done. Bake a bit longer if needed.

Prefer muffins? Preheat oven to 400 degrees. Divide batter into 12 muffin papers. Bake for 30 minutes.

Click the following links for more information.

Egg nutrition, safety, and types available. <http://blog.kitchentherapy.us/2009/04/e-is-for-eggs>

Growing sorghum in the garden. <http://blog.kitchentherapy.us/2009/11/giving-thanks-for-gluten-free-grains-in-the-garden>

When to use xanthan. <http://blog.kitchentherapy.us/2009/07/how-to-use-xanthan>

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Linda Simon

Overcome your gluten free kitchen issues.

<http://blog.kitchentherapy.us>