

BANANA BREAD

Matrix Code CB511 for StartOver.xyz (revised 10 December 2018 by Clinton Callahan)

(makes one loaf)

Ingredients

125 grams (1/2 cup) butter, melted
100 grams (1/2 cup) brown sugar
100 grams (1/2 cup) white sugar
125 grams (1/2 cup) sour cream or thick Greek Style yogurt
2 eggs
1 teaspoon pure Vanilla extract or 1 packet Vanilla Bean Sugar
5 large very ripe bananas (or 6 small bananas)
200 grams (1 1/2 cups) dinkel flour (can be partially whole grain)
1 teaspoon Baking Soda
1/2 teaspoon Baking Powder
1/2 teaspoon Himalayan Salt
1 teaspoon Powdered Cinnamon
125 grams (1 cup) Broken Walnuts (optional)

INSTRUCTIONS:

Butter and flour a 23cm (9 inch) bread loaf pan.

Preheat the oven to 175°C (350°F).

In a large mixing bowl, combine the melted butter, brown sugar, and white sugar. Whisk together until smooth.

Whisk in the sour cream, then add the eggs, one at a time, whisking well after each addition. Stir in the vanilla.

In another bowl, mash the bananas then whisk them into the sour cream mixture.

Sprinkle the flour, Baking Soda, Baking Powder, Salt, and Cinnamon on top then stir it together until no white remains. Stir in the broken walnuts if you want. Do not over mix.

Pour the batter into the prepared pan and bake for 50-60 minutes or until a toothpick inserted in the center comes out with just a few moist crumbs. Check the bread after about 40 minutes. If the top is getting too browned, cover with foil for the remaining baking time. Bread will keep for up to a week.

