

# Buckwheat Banana Bread (Dairy & egg free option)

Number of Servings: 8

Prep Time: 15 minutes

Cook Time: 25 minutes

## Ingredients

1 cup buckwheat flour

1-1/2 tsp pure vanilla extract

1 tsp ground cardamom

1 tsp baking soda

1/2 tsp baking powder

1/4 teaspoon salt

Wet ingredients

2 eggs or 4 Tbsp. flax egg substitute \*\*

2 1/2 tbsp coconut oil, melted

3 ripe bananas, mashed

3 tbsp water

2-3 tbsp real maple syrup (optional: if you need to be extra careful with sweeteners, simply remove the maple syrup, it still tastes great)

1/3 dark, chocolate chips (optional)

1/3 cup chopped walnuts (optional)

## Instructions

Preheat oven to 350F.

If making this egg free, make the flax eggs now\*\* & set aside.

In a large bowl, combine the dry ingredients.

In a separate bowl combine the wet ingredients.

Add the wet to the dry ingredients and stir until combined.

Pour into a greased, or parchment lined 8x8 loaf pan.

Bake for 25-30 min. till the toothpick comes out clean.

\*\* Flax eggs:

Grind 2 - 3 Tbsp. whole flax seeds in your spice grinder.

Re-measure the ground flax into a small bowl. Add double the amount of warm water. For example, if you have 3 Tbsp. ground flax then you would add 6 Tbsp. of warm water. Some recipes call for a 1 to 3 ratio instead of a 1 to 2 but I've always done it this way & it works. Zoom the flax & water with a hand blender & set aside to "gel." 2 Tbsp. flax eggs = 1 egg.