

# Fresh-Milled Einkorn Banana Bread

The Grainiac

## Ingredients

- 300 g fresh-milled einkorn flour
- 360 g very ripe mashed banana
- 120 g packed brown sugar
- 100 g unsalted butter, melted
- 100 g egg (2 large)
- 60 g plain yogurt or sour cream
- 5 g vanilla extract
- 5 g baking soda
- 4 g baking powder
- 3 g fine salt
- 2 g cinnamon
- 90 g chopped walnuts (optional)

## Method

1. Heat oven to 350 F. Grease and line one 9 x 5-inch loaf pan.
2. Whisk banana, sugar, butter, eggs, yogurt, and vanilla until combined.
3. Whisk flour, soda, powder, salt, and cinnamon in a second bowl.
4. Fold dry into wet just until no dry flour remains. Fold in walnuts.
5. Rest batter 10 minutes; scrape into pan and smooth the top.
6. Bake 55-65 minutes. Tent if needed. Center should reach 200-205 F.
7. Cool 15 minutes in pan, then turn out. Cool fully before slicing.

**Einkorn note:** Do not overmix. Batter thickens during its 10-minute rest. For very large or watery bananas, hold back 25 g. Walnuts are optional.