

GLUTEN FREE CHOCOLATE BANANA BREAD

ADAPTED AND MODIFIED FROM FLOUR BAKERY

/ makes one 9x5 loaf /

Ingredients

1 ¼ CUPS BROWN RICE FLOUR

¼ CUPS CACAO POWDER OR UNSWEETENED COCOA

¼ TEASPOON XANTHAN GUM

1 TEASPOON BAKING SODA

1 TEASPOON GROUND CINNAMON (I USE 1 TSP)

½ TEASPOON KOSHER SALT

1 CUP SUGAR

2 EGGS (ROOM TEMPERATURE)

½ CUP GRAPESEED OR CANOLA OIL

3½ VERY RIPE, MEDIUM BANANAS, PEELED AND MASHED

2 TABLESPOONS GREEK YOGURT, CREME FRAICHE OR SOUR CREAM

1 TEASPOON VANILLA

¾ CUP CACAO NIBS OR CHOCOLATE CHIPS



PREHEAT OVER TO 360° F. Spray a 9 x 5 loaf pan with non-stick spray.

STEP ONE In a bowl, sift together the first six ingredients. Set aside.

STEP TWO Using a stand mixer fitted with the whip attachment, beat sugar and eggs on medium for 5 minutes, or until light and fluffy.

STEP THREE On low, slowly drizzle in oil. Don't pour it all in at once. You want to pour it in over 1 minute, to keep all the air you just beat into the egg-sugar mixture. Add the mashed bananas, greek yogurt, and vanilla. Continue to mix on low just until combined.

STEP FOUR Using a spatula, fold in dry ingredients and cacao nibs just until thoroughly combined. Do not overmix. Pour into the greased loaf pan and smooth top.

STEP FIVE Bake for 1 to 1 ¼ hours, or until golden on top and the center springs back when pressed. Let cool in the pan on a wire rack for at least 30 minutes, then pop out of the pan to finish cooling.

The banana bread can be stored tightly wrapped in plastic wrap at room temp up to 3 days or well wrapped and frozen up to 2 weeks.

GOOD
ON
PAPER

WWW.GOODONPAPERDESIGN.COM/BLOG