

Spelt Banana Loaf/Muffins

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Yield 2 standard loaves or 10 muffins

Ingredient

| | <i>Measure</i> |
|-------------------------|---------------------------|
| Ripe banana | 800g (5-7) |
| Medium maple syrup | 100g |
| Brown sugar | 150g |
| Canola oil | 120g |
| Vanilla bean paste | 8g |
| Whole grain spelt flour | 380g |
| Baking soda | 16g |
| Salt | $\frac{1}{2}$ tsp (2g) |
| Cinnamon | 1 tsp |
| Toasted pecan pieces | 80g |

Instructions

1. Break bananas into large pieces; beat on medium using paddle attachment until smooth with some visible chunks (1-2 minutes.) Add maple syrup and sugar; beat until

combined. Slowly add oil while mixing on low speed. Add vanilla and mix briefly to combine.

2. Whisk together all dry ingredients (excluding pecan pieces). Add dry to wet and mix until just combined. Make sure to mix well with a spatula to ensure there is nothing hiding at the bottom of the bowl. Stir in pecan pieces; reserving some for garnish. Make sure not to over mix.
3. Transfer to greased loaf or muffin pan lined with papers. Top each with banana slices & reserved pecans.
4. Bake at 350 F for 18-22 minutes for muffins; 45-60 minutes for standard loaf or until deep golden brown and tester comes out dry.

Note

- *Can be prepared without a mixer; simply mash the bananas well with a fork before adding the other wet ingredients. The oil can be partially or completely replaced with more mashed banana or unsweetened apple sauce, but the texture will be significantly different; they may also need a little longer to bake.*