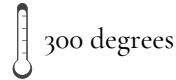
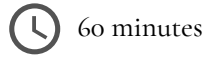




Banana Bread



INGREDIENTS

99g sugar
113g butter melted (1 stick)
2 eggs
3 ripe bananas
143g Soft White Wheat
1/2 tsp salt
1 tsp baking soda
100g chocolate chips (optional)

Wheat berries. This recipe is written for soft white wheat since most people have that on hand. Spelt and Amaranth are both great additions to this recipe if you have them. If you are adding in a different grain you need to take into account the grain moisture or use less than 25% the total flour.

DIRECTIONS

1. Mill your grain on the finest setting. Prepare a standard loaf pan by greasing and lining it with parchment paper.
2. In a large bowl, mix the sugar, butter, eggs and bananas. Beat until well incorporated and foamy.
3. Add the flour, salt, soda and chips. Mix, stirring gently, until just combined.
4. Pour into your prepared pan and let rest while you preheat your oven.
5. Preheat your oven to 300 degrees. Bake for 60 minutes or until a toothpick comes out clean. Cool in the pan before slicing.