

GLUTEN FREE BANANA BREAD

I n g r e d i e n t s

- * 150g gluten free self-raising flour or rice flour
- * 50g butter
- * 3 tablespoons rice bran
- * 1 tablespoon black treacle
- * 2 heaped teaspoons gluten free baking powder
- * 2 medium ripe bananas
- * 1 medium egg
- * 100ml cranberry juice



D i r e c t i o n s

- 1.** Preheat the oven to 350F/180C. Line the bottom of a small loaf tin with greaseproof paper and grease the sides with butter.
- 2.** Sieve the gluten free self-raising flour into a medium mixing bowl. Add the baking powder and rice bran and mix well.
- 3.** In another mixing bowl, mix together the butter, egg, black treacle, cranberry juice and bananas. Mash the bananas with a fork and make sure everything is well mixed together.
- 4.** Add the dry ingredients into the wet ingredients in stages, mixing well as you go. You should end up with a smooth, thick batter when you are done.
- 5.** Put the batter into the prepared loaf tin and bake in the middle of the oven for around 45 minutes or until a knife comes out of the middle of the loaf completely clean.
- 6.** Remove the tin from the oven and allow to cool slightly before removing from the tin and placing on a cooling rack to cool fully.

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