



The **ingles** T a b l e

with Gigi Stewart, M.A.
THE BEST GLUTEN-FREE BANANA BREAD

Shopping List

- 250 grams (about 1 $\frac{3}{4}$ cups) King Arthur Gluten-Free Multipurpose Flour Blend
- $\frac{1}{4}$ cup Laura Lynn sugar
- $\frac{3}{4}$ teaspoon Laura Lynn baking powder
- $\frac{1}{2}$ teaspoon Laura Lynn iodized salt
- $\frac{1}{4}$ teaspoon Laura Lynn baking soda
- 2 medium very ripe bananas, mashed
- $\frac{1}{3}$ cup Laura Lynn unsweetened applesauce
- $\frac{1}{4}$ cup Laura Lynn butter, melted and cooled slightly
- 2 Tablespoons pure maple syrup
- 2 Laura Lynn eggs
- 2 teaspoons Laura Lynn vanilla extract
- $\frac{1}{2}$ cup chocolate chips or chopped nuts, optional

Cooking Instructions

1. Preheat oven to 350F and lightly grease a loaf pan (use 9x5-inch or 8x4-inch pan)
2. Combine flour, sugar, baking powder, baking soda and salt in a medium mixing bowl
3. whisk to blend, then set aside dry ingredients
4. In a separate (larger) bowl, mash bananas, then add applesauce, melted butter, maple syrup, eggs and vanilla extract; whisk to combine
5. Add dry ingredients to the banana mixture; stir until no dry ingredients remain visible (If you're adding chocolate chips or nuts, now's the time to stir those in)
6. Spoon the batter in the prepared pan
7. Bake for 40-45 minutes, or until the center is set and a toothpick inserted in the center comes out clean
8. Remove bread from the oven and cool 30 minutes in the pan, then remove the loaf to a cutting board or tray to cool completely

