



village health clinic  
naturopathic medicine & midwifery care

## Banana Bread

Gluten-Free, Dairy-Free, Egg-Free

2 cups Buckwheat or Millet or Quinoa flour  
1 teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{4}$  cup canola oil  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup brown sugar  
1 tablespoons ground flaxseeds plus 6 tablespoons warm water, mixed  
3 overripe medium bananas, mashed

Preheat oven to 350 degrees. Lightly grease a 9x5 loaf pan.

In a large bowl, combine flour, baking soda, salt, and cinnamon.

In a separate bowl, blend mashed bananas, oil, brown sugar, and flaxseed/water mixture until well incorporated.

Add flour mixture to wet ingredients, mixing until well moistened.

Pour batter into loaf pan and bake for 60 minutes or until a toothpick inserted into the center comes out clean.

Cool in pan for 5 minutes, then cool completely on a cooling rack.

Store in an airtight container.