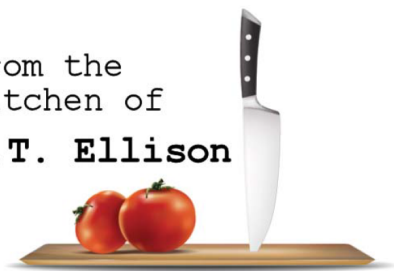


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 3 ripe bananas (4, if you're baking gluten-free)
- ✓ 2 eggs, well-beaten
- ✓ 2 cups flour
- ✓ 3/4 cup sugar
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon baking soda
- ✓ 1 teaspoon vanilla extract (A J.T. tradition – I add vanilla to everything I bake)
- ✓ 1/2 cup chopped nuts (I love using almonds instead of walnuts)

Banana Bread

I don't know about you, but I almost always have a few bananas slip past their prime before I can eat them all. My favorite solution? Banana Bread. My favorite recipe is taken from the most well-thumbed cookbook on my shelf, *The Fannie Farmer Cookbook*, and is easily modified for gluten-free with King Arthur's one-for-one flour or almond flour.

Directions

1. Preheat oven to 350, and grease a loaf pan (I use avocado spray).
 2. Mash bananas with the beaten eggs in a large bowl. Fold in the flour, sugar, salt, baking soda, and vanilla. Add nuts and blend.
 3. Pour batter into the pan. I like to sprinkle the top with more sliced almonds and some sugar.
- Note: if you're using almond flour or other GF flours, be sure to let the mixture sit for a full three minutes before you bake it. GF flours need a little extra moisture (hence the extra banana) and do better if they are thoroughly saturated before cooking.
4. Bake for one hour, or until an inserted toothpick comes out clean. Slice and serve warm.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.