

# Teff Sourdough Banana Bread

Indulge in the delightful goodness of this gluten-free banana bread recipe, brimming with gut-friendly resistant starches from teff flour and a touch of sourdough starter. This wholesome treat is perfect for those cozy stay home days, offering a nourishing boost to your morning routine. Enjoy a slice alongside your favorite cup of coffee for a satisfying mid-morning snack that will brighten your day!



Prep Time: 20 minutes  
Cook Time: 55-60 minutes

## Ingredients:

2 cups [organic teff flour](#)  
1/2 tsp baking soda  
1/4 cup [ground flax seeds](#)  
1/4 cup [teff sourdough starter](#)  
1/3 cup chocolate chips  
1/4 cup walnuts or pecans (optional)  
2 tsp [vanilla paste](#) or extract  
3 very ripe bananas  
1/3 cup coconut oil or butter, melted  
1/3 cup maple syrup  
1/2 cup almond milk

Optional:

1/4 cup walnuts or pecans (optional)  
Banana slice

## Instructions:

- Preheat oven to 350F. Line sides of a 9x5 loaf pan with parchment paper. Spray with cooking oil.
- In a large bowl, mash the bananas with the vanilla, sourdough starter, maple syrup, melted coconut oil, and almond milk. In another bowl, combine the ground flax, teff flour, baking soda, and salt.
- Combine the wet ingredients with the dry ingredients until well mixed then stir in the chocolate chips and nuts (optional)
- Place in prepared loaf pan and bake for 55-60 minutes. Optional: Place banana slice on last 15-20 minutes.

- Muffins: bake 18-22 minutes

Serve warm topped with butter. Maple syrup drizzled on is delicious!