



Organic Buckwheat and Banana Bread

Ingredient for 1 loaf:

2 ripe bananas

2 cups (260 grams) organic buckwheat flour

¼ cup (60 grams) organic chia seeds

250ml filtered water

2 teaspoons ground cinnamon

2 eggs

¼ cup (60 grams) olive oil

1 teaspoon organic apple cider vinegar

3 teaspoons dry yeast

60 grams raw organic honey

½ teaspoon Himalayan Rock Salt

Method for Thermomix:

Soak the chia seeds in ½ cup of water for 15 minutes so it becomes gel like

Place the buckwheat flour, bananas, chia seeds, water, cinnamon, eggs, olive oil, apple cider vinegar, dry yeast, honey and rock salt into the bowl.

Set to dough function and knead for 3 minutes.

Should resemble a runny batter which you can pour into a lined tin (I use a loaf tin, 12cm x 25cm)

Place this somewhere warm (not in direct sunlight) to rise for 30-60 minutes (it probably won't double in size but you want it to be at least 1.5 times higher)

Preheat your oven to 160°C (fan forced oven) when you're about 15 minutes away from baking it

Bake in the oven for 1 hour and 15 minutes, it will be firm to touch.

Leave it to cool for 30 minutes before removing it from the tin, then take it out and place on a cooling rack.

Allow it to completely cool before slicing and eating.

This can be frozen for up to 3 months or kept in the fridge and eaten immediately.



Method for Food Processor:

Soak the chia seeds in ½ cup of water for 15 minutes so it becomes like a gel.

Place the buckwheat flour, chia seeds, water, eggs, olive oil, apple cider vinegar, dry yeast, honey and rock salt into the bowl.

Mix in the food processor for 3 minutes, it should resemble a runny batter.

Should resemble a runny batter which you can pour into a lined tin (I use a loaf tin, 12cm x 25cm)

Place this somewhere warm (not in direct sunlight) to rise for 30-60 minutes (it probably won't double in size but you want it to be at least 1.5 times higher)

Preheat your oven to 160°C (fan forced oven) when you're about 15 minutes away from baking it

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