

Gluten free banana bread

By Shannon Bennett

20 minutes

Prep time

1 hour 25 minutes

Cooking time

12 Servings

Serves



INGREDIENTS

Banana bread

1 vanilla bean, scraped
2 ripe bananas, 270g (1 cup)
200g butter, room temperature
250g sugar
3 eggs
½ cup rice flour
¾ cup coconut flour
1 ¾ cup almond meal
½ tsp bi-carb soda
½ tsp baking powder
1 tsp ground cinnamon
1 tsp eight spice powder
80ml milk

Eight spice powder

20g juniper berries
30g whole star anise
15g white peppercorns
15g cinnamon quills
15g cloves
1 pinch saffron threads
25g salt
10g cardamom pods

METHOD

Eight spice powder

1. Toast the spices in a large pan over medium heat, Induction setting 4-5 for 1 minute, or until fragrant.
2. Grind all the spices to a fine powder in a spice grinder or mortar and pestle. Allow to cool.
3. Store remaining spices in an airtight container.

Banana bread

1. Pre-heat oven on Cakes Plus to 180°C.
2. Mash banana flesh well with a fork until smooth, add vanilla seeds.
3. In the bowl of an electric mixer, cream the butter and sugar together until light and creamy. Slowly add the eggs, one at a time, beating well after each addition.
4. Add the banana and vanilla mixture. Add remaining ingredients and mix on a low speed until well combined.
5. Pour mixture into a loaf tin measuring 15cm x 24cm, lined with baking paper. Place on a baking and roasting rack on shelf position 2 and Bake for 1 hour and 20 minutes.
6. Check the cake by inserting a wooden skewer into the middle of the cake. If the skewer comes out clean, the cake is cooked.
7. Leave cake to cool in tin for 10 minutes before turning out onto a cooling rack.