



# Spelt Sourdough Banana Bread

Moist banana bread made with sourdough starter and perfectly ripe bananas create this flavorful version of a classic quick bread. There are so many options with this banana bread, and so many other ingredients you can add or flours you can use. Use bananas that are really ripe, with lots of brown spots on the skins for the best outcome.

**NOTE:** I use 50 grams (¼ cup) of honey in my banana bread recipes; if you prefer a sweeter flavor, increase the amount or use the sugar of your choice.

200 g (2 cups) white spelt flour

100 g (½ cup) starter

50 g (¼ cup) runny honey

50 g (¼ cup) butter (I use slightly salted butter), at room temperature

3 very ripe medium-sized bananas, peeled and mashed, plus 1 extra banana for decoration

1 medium-sized or large egg (see Top Tips)

7 g (1 tsp) baking soda

3.5 g (½ tsp) baking powder

50 g (½ cup) pecans or walnuts, whole or halved (optional)

**PREP:** Your starter does not add rise in this recipe; instead, it adds flavor to the finished creation. You can use any starter made with any flour, including discard starter. Line a 2-pound (900-g) loaf pan (9 x 5 inches [23 x 14 cm]) with a liner or parchment paper.

Makes 1 loaf

**Step 1:** In a medium-sized mixing bowl, combine all the ingredients, except the extra banana. Mix well to form a lumpy batter, ensuring no dry flour is left, but not overmixing.

**Step 2:** Pour the mixture into your prepared loaf pan. Slice the remaining banana in half lengthwise and arrange the pieces decoratively on top, cut side up.

**Step 3:** When you are ready to bake, decide whether you would like to bake in a preheated oven or from a cold start. If preheating, set the oven to 325°F (160°C) for convection or 350°F (180°C) for conventional.

If you preheated the oven, bake uncovered for 50 to 60 minutes, or until a metal skewer or thin knife inserted into the center comes out clean. If using a cold start, place the uncovered pan of dough in the oven, set the temperature as above and set a timer for 60 minutes. Bake for the allotted time or until a metal skewer or thin knife inserted into the center comes out clean.

**Step 4:** Remove the pan from the oven and place it on a rack with the loaf still inside. Allow it to sit for 10 to 15 minutes, then remove the loaf from the pan and liner. Serve either warm or cooled.

*Top Tips:*

For an egg-free option: Make a flax egg by mixing 1 tablespoon of ground flaxseeds with 2½ tablespoons (37 ml) of warm or room-temperature water. Stir, then allow it to sit for 5 minutes to thicken. Replace the egg with the flax egg.