

Sourdough Banana Bread

Makes one 9" x 5" inch loaf

Ingredients

1 1/2 cups overripe bananas, smashed
1 1/4 cups lightly packed brown sugar
**(I actually use date sugar!!)*
1 1/2 teaspoons pure vanilla extract
2 large eggs
1/2 cup sourdough starter (or
sourdough discard)
2 cups all-purpose flour
1 1/2 teaspoons baking soda
1/4 teaspoon sea salt
1/4 cup milk
1/2 cup avocado oil



Steps

1. Preheat oven to 350°F. Line a loaf pan with parchment paper.
2. In the bowl of a stand mixer fitted with a paddle attachment, begin creaming together the bananas, sugar and vanilla for one minute. Add the eggs, one at a time scraping the bowl after each addition.
3. In a separate bowl, whisk together the flour baking soda, and salt. Add this mixture to the banana and stir on low speed until the flour is incorporated **DO NOT OVERMIX!*
4. Pour the batter into the prepared pan. Bake for 60-65 minutes or until a toothpick inserted in the center comes out clean or with dry crumbs. **If the top of the loaf is browning before the middle is fully baked, loosely cover the top with foil.*
6. Allow bread to cool before removing to a wire rack to fully cool. Slice and enjoy!