

Earl Grey Banana Bread

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup light* buckwheat flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp vanilla powder or extract
- 2 eggs, whisked
- 1/4 cup melted coconut oil
- 2 ripe bananas, mashed
- 1/3 cup organic earl grey tea, strongly steeped in hot water*
- 1/3 cup banana chips, crumbled or finely chopped
- 4 medjool dates, pitted and finely chopped
- 1/3 cup pecans or walnuts, chopped

Instructions:

1. Preheat oven to 350F degrees. Grease a loaf pan.
2. In a large bowl, combine the flour, baking soda, baking powder and vanilla powder. If using vanilla extract, combine it with the wet ingredients.
3. In a separate bowl, combine the eggs, oil, banana and tea. Combine the wet and dry ingredients until fully combined. Fold in banana chips, dates and pecans.
4. Pour batter into loaf pan.
5. Bake for 30 minutes. I have a convection oven, which cooks things a little faster, but you'll know it's done when you stick a fork or knife into the center and it comes out clean. If you do not have a convection oven then you may need to add about 10 minutes.

Notes:

*Dark buckwheat flour works fine too. Be sure to use really good quality tea for this recipe.

I used the Honest Leaf's organic Earl Grey tea.