



Banana Bread with barley flour*

1 3/4 c barley flour
2 t baking powder
1/4 t baking soda
2/3 c sugar
1/2 t salt
6 T vegetable oil
2 eggs well beaten
1c mashed ripe bananas (about 2)

Combine flour, powder, soda, sugar and salt in one bowl. Combine oil and eggs in another bowl. Add dry ingredients to oil mixture, alternating with bananas, mix until just combined. Bake in a well greased 8½ x 4 x 3 in pan at 350 for 1 hour and 10 minutes. Remove from pan and let cool.

When using barley flour this bread is more tender than usual so it benefits from a resting time.

* This bread has a much "earthier" flavor. We also exchange an equal portion of our stone ground whole wheat flour for our barley flour.