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Banana Seed Bread

For the bread machine method:

- 1 cup whole bean flour
- 1 cup sorghum flour
- 1/4 cup tapioca starch
- 1/4 cup packed brown sugar
- 2 1/2 tsp xanthan gum
- 1 tbsp bread machine or instant yeast
- 1 1/4 tsp salt
- 1/2 cup sunflower seeds
- 3/4 cup water
- 1 cup mashed banana
- 1 tsp cider vinegar
- 1/4 cup vegetable oil
- 2 eggs

For the mixer method:

- 3/4 cup whole bean flour
- 3/4 cup sorghum flour
- 1/4 cup tapioca starch
- 1/4 cup packed brown sugar
- 2 tsp xanthan gum
- 1 tbsp bread machine or instant yeast
- 1 tsp salt
- 1/2 cup sunflower seeds
- 1/2 cup water
- 3/4 cup mashed banana
- 1 tsp cider vinegar
- 3 tbsp vegetable oil
- 2 eggs

Bread Machine Method:

- 1) In a large bowl or plastic bag, combine whole bean flour, sorghum flour, tapioca starch, brown sugar, xanthan gum, yeast, salt and sunflower seeds. Mix well and set aside.
- 2) Pour water, banana, vinegar and oil into the bread machine baking pan. Add eggs.
- 3) Select the Rapid 2-Hour Basic Cycle. Allow the liquids to mix until combined. Gradually add the dry ingredients as the bread machine is mixing. Scrape with a rubber spatula while adding the dry ingredients. Try to incorporate all the dry ingredients within 1 to 2 minutes. When mixing and kneading are complete, leaving the bread pan in the bread machine, remove the kneading blade. Allow the bread machine to complete the cycle.

Mixer Method:

- 1) In a large bowl or plastic bag, combine whole bean flour, sorghum flour, tapioca starch, brown sugar, xanthan gum, yeast, salt and sunflower seeds. Mix well and set aside.
- 2) In a separate bowl, using a heavy-duty electric mixer with paddle attachment, combine water, banana, vinegar, oil and eggs until well blended.
- 3) With the mixer on lowest speed, slowly add the dry ingredients to the banana mixture until combined. With a rubber spatula, scrape the bottom and sides of the bowl. With the mixer on medium speed, beat for 4 minutes.
- 4) Spoon into prepared pan (see Notes). Let rise, uncovered, in a warm, draft-free place for 60 to 75 minutes or until the dough has risen to the top of the pan. Meanwhile, preheat oven to 350°F (180°C). Tent with foil and bake for 20 to 25 minutes. Remove foil and continue baking for 15 to 20 minutes more or until the loaf sounds hollow when tapped on the bottom.

Variation: Pumpkin seeds or chopped pecans can replace the sunflower seeds.

Makes 1 Loaf

