

Banana cake · Banana bread

Bananenkuchen · Bananenbrot

Ingredients

- 450g ripen banana (about 4-5 bananas)
- 6 tablespoons of milk (or water, or Oat milk/Hafermilch, ...)
- 220g flour (Wheat flour/Weizenmehl Type 405, Dinkelwheat/Dinkelweizen, Buchwheat/Buchweizen, ...)
- 1 teaspoon of Natron (Sodium bicarbonate NaHCO_3)
- 1 teaspoon of backing powder/Backpulver
- 1 tablespoon of vinegar (white wine vinegar, fruit vinegar, apple vinegar, ...)
- 100ml Ahornsirup (or honey, rice sirup, ...)

Step-by-step

1. First, smash the banana with milk (a stabmixer can be used for ease).
2. Then, add flour, natron, backing powder, and so forth.
3. After that, stir the compound gently (better by hand and with a spatula).
4. Pour the compound into a backing mold.
5. Optional: **frozen** berries can be added (strawberry, blueberry, raspberry, ...).
6. Baking at 170°C for 45 min (A bit longer if frozen fruit is added).

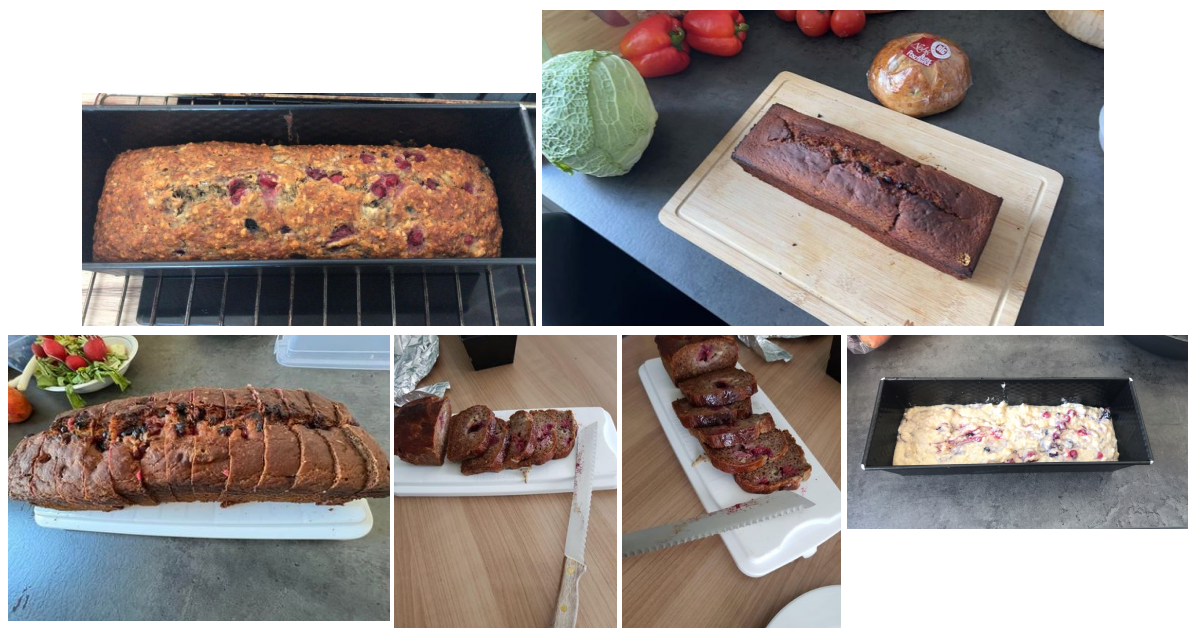


Figure 1: Some experiments tested: the taste was pretty okay.