

# Spelt Banana Bread

## Ingredients

- 2 cups spelt flour
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 3 large ripe bananas, mashed
- ½ cup pure maple syrup or honey
- ¼ cup olive oil or melted coconut oil
- 2 eggs
- 1 tsp vanilla extract
- ½ cup chopped walnuts (optional)

## Instructions

1. Preheat Oven: 350°F (175°C). Grease a loaf pan.
2. Mix Dry Ingredients: Combine spelt flour, baking soda, salt, and cinnamon.
3. Prepare Wet Mixture: Mash bananas in a large bowl. Add maple syrup, oil, eggs, and vanilla; whisk until smooth.
4. Combine: Add dry ingredients to wet, fold until just combined. Stir in walnuts if using.

5. Bake: Pour batter into loaf pan and bake 45–50 minutes.

6. Cool: Let cool before slicing to retain moisture.

### Why This Helps Blood Sugar

Spelt is a whole grain with a lower glycemic index than refined wheat. Bananas provide natural sweetness plus potassium, which supports healthy blood pressure alongside glucose control.