



Gluten-Free Banana Bread

- 1 cup boiling water
- ½ cup chopped dates
- 4 large eggs
- 2 cups mashed, over-ripe bananas (about 4)
- ¾ cup maple sugar (or sweetener of choice)
- ½ cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 ½ cups organic sprouted brown rice flour ([click thru](#))
- ½ cup organic sprouted sorghum flour ([click thru](#))
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- ¼ teaspoon ground nutmeg
- 1/3 cup melted butter
- ½ cup chopped walnuts or pecans

1. Preheat oven to 350 degrees. Pour boiling water over dates in a small bowl. Let stand 10 minutes. Drain and pat dry.
2. Lightly beat eggs in a large bowl. Whisk in bananas and next 3 ingredients until blended.
3. Stir together sprouted brown rice flour and next 4 ingredients in a small bowl. Gently stir flour mixture into egg mixture, stirring just until blended. Gently stir in melted butter, walnuts, and dates. Spoon mixture into a well-greased 9x5" loaf pan.
4. Bake at 350 degrees for 60-70 minutes or until a toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan to wire rack and cool completely before slicing.