

# HiStakes Spelt

Grain Directly From the Farmer  
IDAHO \* USA

## Spelt Banana Bread

1/2 cup (1 stick) butter or margarine  
1 cup sugar  
2 eggs, lightly beaten  
1 cup mashed banana  
1 cup white flour, unsifted  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 cup spelt flour, unsifted  
1/3 cup hot water (or 1/6 c. water and 1/6 c. buttermilk)  
1/2 cup chopped nuts

Preheat oven to 325 degrees. Melt butter and blend in sugar. Mix in beaten eggs and mashed banana, and blend until smooth. In a separate bowl, stir together white flour, salt, baking soda, and spelt flour. Add dry ingredients alternately with hot water to banana mixture. Stir in chopped nuts. Spoon batter into greased

9×5-inch loaf pan. Bake in a 325 degree oven for 1 hour and 10 minutes or until done. Cool in pan for 10 minutes, then turn on rack to finish cooling.

Yield: Makes 1 loaf.

This recipe was shared by Danielle of Idaho