

Millet bread

Ingredients

150ml (¼ pint) milk or water

1 or 2 eggs

1 large ripe banana

100g (4oz) millet flour

100g (4oz) **Pure** white rice flour*

1tsp gluten-free baking powder

salt to taste

2 tbs olive oil

* Denotes item available from Innovative Solutions on prescription

Preparation method

1. Preheat oven to 425°F/220°C/Gas mark 7 and line 10" baking tray with non stick parchment paper.

2. Mash the banana to a smooth puree with the egg/s, 1 tbs of oil and milk/water. If you have a liquidiser this will make the job quicker.

3. Mix the dry ingredients together along with the rest of the oil and fold into the purée, taking care not to over mix or leave to stand otherwise the structure of the dough may be lost.

4. Pour the batter 1-2cm thick into the lined baking tray and bake for 35-40 minutes or until a skewer through the centre of the loaf comes out clean.

5. Leave to cool and slice into sections.

6. Store in an airtight container.



10 minutes

Preparation time

35-40 minutes

Cooking time

Serves 4-6

By: Innovative

Part cooked loaves can be turned halfway through baking to ensure both sides bake evenly.

Notes 