

## Fermented Banana Bread

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### **Fermented Banana Chocolate Walnut Bread (with a secret ingredient)**

This came out insanely moist, rich, and balanced. You'd never guess there's avocado in it—it just makes it unbelievably soft.

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### **Ingredients**

- 240g fresh-milled flour (I used mostly hard white with some einkorn/emmer)
  - 2–3 very ripe bananas (heavily spotted)
  - ~1/4 cup fermented banana mash (just use more bananas if you don't have any.)
  - 1/2 cup kefir (or yogurt/buttermilk)
  - 1 ripe avocado (mashed smooth)
  - 1 egg
  - 100–120g sugar (adjust to taste; brown sugar or sucanat works great)
  - 1 tsp vanilla
  - 1 1/4 tsp baking soda
  - 1/2 tsp salt
  - 1/2–3/4 cup chocolate chips
  - 1/2–3/4 cup chopped walnuts
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### **Instructions**

1. **Soak / ferment base (key step):**  
Mix flour + kefir + mashed bananas + fermented banana mash.  
Let sit 30–60 minutes (this softens the bran and builds flavor).
2. **Build the batter:**  
Add mashed avocado, egg, sugar, and vanilla. Mix until combined.
3. **Finish the batter:**  
Sprinkle in baking soda and salt. Mix gently.  
Fold in chocolate chips and walnuts (lightly toss them in flour first if you want even distribution).
4. **Bake:**  
Pour into a greased loaf pan.  
Bake at **350°F** for **50–60 minutes**, until a toothpick comes out mostly clean.
5. **Cool (if you can wait):**  
Let it rest at least 20–30 minutes before slicing.

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**Optional (but highly recommended):**

- Serve with a smear of peanut butter
- Or a light frosting/glaze (I experimented with a coffee kombucha frosting on the side)

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**Notes**

- The avocado replaces oil and makes the crumb super soft and rich without adding flavor.
  - The short ferment step makes a big difference with fresh-milled flour.
  - This is one of those “better than normal banana bread but you can’t quite explain why” recipes.
  - Fermenting bananas is very easy. Smash them in a ball jar. Put on a coffee filter held in place by the band for the lid. Check after 24 hours. If it needs more development, wait another day. That’s all there is to it.
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