

Kamut Mango Banana Nut Bread - from Cooking with Chef Brad -Whole Grain Comfort Foods

6 bananas, mashed

1 cup mangoes, pureed

¾ cup shortening or coconut oil

1 ½ cup milk

2 Tbsp. white vinegar

1 Tbsp. baking soda

3 cups sugar

1 tsp. salt

4 ½ cups Kamut (or soft wheat fresh ground flour)

½ cup nuts, chopped

2 cups (total) cooked rice, quinoa and millet (your choice of one, two or all three)

Preheat oven to 350 degrees F. In the Bosch bowl with the whips, cream together bananas, mango puree, shortening, and sugar. Add vinegar to milk to sour it using a large container. Add soda to the milk mixture and watch it foam a lot. Mix with creamed mixture. Add flour, salt, grains and nuts and mix well. Bake in sprayed pans for 50 min. or until toothpick comes out clean.



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