

Quinoa Banana Bread

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-flakes-indian-recipe>

Ingredients:

- 2 eggs
- 1/2 cup cane sugar blond
- 1/2 cup white rice flour 100 g
- 1/3 cup quinoa flakes 30 g
- 2/3 cup Quinoa Flour 80 g
- 2 ounces dark chocolate coarsely chopped, 70 % cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 cup chopped walnuts
- 7 tablespoons butter melted and slightly cooled
- 1 macoun apple peeled, cored and grated, or any apple good for baking
- 2 bananas ripe, mashed with a fork

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 160 milligrams
4. Fat: 38 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 17 grams
8. Sodium: 470 milligrams
9. Sugar: 39 grams

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