



## Banana Bread (Paleo, DF, GF, Grain free, SCD)

*This recipe works great with very ripe bananas and is what gives the bread good sweetness and taste!*

Wet ingredients: Mix well all wet ingredients together, but not the ripe bananas

Bananas 4 large, very ripe 2 cups (16 oz.)

2 Tablespoon honey

Coconut milk ¼ cup

Vanilla 1 tbsp.

Olive oil ¼ cup

Eggs 4 large

Dry ingredients: In a bowl mix well all the dry ingredients together.

Almond flour 2 cups (200 grams)

Coconut flour ¼ cup (27 grams)

Salt (1/2 tsp.)

Cassava flour 2 tbsp.

Baking powder grain free 1 tsp.

Baking soda 1 tsp.

Cinnamon 1 tsp.

Nutmeg ¼ tsp.

Method:

*Prepare a loaf pan 9" x 5" by lining it with parchment paper or use an eight cavity mini loaf pan lightly oil.*

Puree the bananas in the food processor first then add all the wet ingredients at once and pulse until well blended and emulsified. Add all the dry ingredients all at once and pulse just until combined. Place the batter in a 9" x 5" loaf pan or 8 mini loaves pan. Bake for about 30- 35 minutes or until golden brown and bread is set. Do not over bake or bread will be dry.

Baking with Jeannette Werle ©