

Grain Free Banana Bread

Number of Servings: 8

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

210g grain free flour mix (see Gluten Free Flour Blends for recipe)

1 tsp baking soda

1/2 tsp salt

2 eggs

1/2 cup maple syrup

1/3 cup (80g) coconut oil melted

2 tsp vanilla

3 ripe bananas, mashed

1 cup chopped hazelnuts, walnuts or pumpkin seeds (optional)

1/2 cup gluten free chocolate chips (optional)

Instructions

Preheat oven to 375F grease 5x9 loaf pan

In a bowl weigh out all dry ingredients and mix well.

In another bowl, whisk the maple syrup, coconut oil, vanilla and eggs. Add mashed banana and mix well.

Pour wet into dry and mix well. Add nuts and chocolate chips if using and stir in.

Pour into loaf pan and bake 45-60 minutes or until the bread feels springy to the touch and the edges are just starting to pull away from the pan.

Cool for 10-15 minutes before turning out of pan and cooling on wire rack.

Recipe adapted from Gluten Free Girl, by Shauna James Ahern