

Paleo Banana Bread Recipe

The Ingredients:

- 3 to 4 medium-large over ripened banana
- 3 large eggs at room temp
- 1 tsp of vanilla extract
- 1/4 cup of melted coconut oil
- 1 cup of almond flour
- 1/2 cup of tapioca flour
- 1/2 cup of plantain flour
- 1 tsp of baking soda
- 1/2 tsp of baking powder
- 1 tsp of cinnamon
- 1/2 tsp of salt

Instructions:

- 1.) Pre-heat oven to 350°F.
- 2.) Peel, chop banana into smaller pieces and then mash (with fork or potato masher) in bowl til broken down but not too soupy/liquidity.
- 3.) Add wet ingredients-coconut oil, vanilla and eggs.
- 4.) Combine dry ingredients.
- 5.) Add dry ingredients to wet and incorporate thoroughly.
- 6.) Line 9x5 bread loaf pan with parchment paper or oil pan.
- 7.) Scoop mixture into pan.
- 8.) Bake for 20-25 minutes at 350°F.

10 slices

