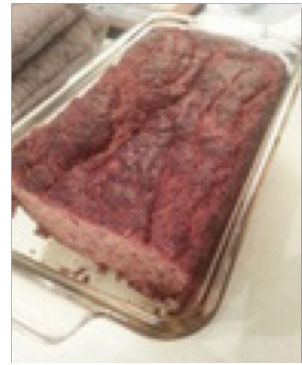


Paleo Banana Bread (“YUM,YUM”)

Ingredients

- 4 bananas, (2 1/2 cups mashed or 575 grams)(they can be yellow bananas)
- 4 eggs
- 1/2 cup almond butter (140 grams) (or coconut, sunflower seed, macadamia nut, etc butter)
- 4 tablespoons grass-fed butter, melted (can substitute coconut oil)
- 1/2 cup coconut flour (75 grams) (or almond flour, macadamia nut meal, etc)
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder (gluten free or homemade)
- 1 teaspoon vanilla
- Pinch of sea salt



Instructions

1. Preheat your oven to 350 degrees Fahrenheit
2. Combine your bananas, eggs, and nut butter, and grass-fed butter in a blender, food processor, or mixing bowl and mix well (if using a mixing bowl you need a good hand-mixer)
3. Once all of your ingredients are blended, add in your coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well
4. Pour your batter in a silicon pan and spread it evenly (you can use a loaf pan as well, just grease it well)
5. Place in your preheated oven and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean
6. Remove from oven and flip your bread out onto a cooling rack
7. Slice and serve

Variations

1. Cranberry Orange - Only use 3 tablespoons of butter. Add zest of one whole orange diced, juice of one whole orange, and 1 cup dried cranberries or fresh if you want
2. Chocolate Blueberry - Add 1 cup of fresh blueberries and 1/2 cup of cocoa powder
3. Pumpkin Pecan - Reduce the almond butter to 1/4 cup and add 1/2 cup of pumpkin puree and 1 cup of roughly chopped pecan piece

Original recipe

from: <http://civilizedcavemancooking.com/recipes/desserts/paleo-banana-bread/>.

Kate's Notes:

Let me start by saying that this recipe is delicious! truly delicious. I was so excited the first time I made it, that I shared it with anyone that came over and even delivered pieces to friends. In a matter of a day, it was gone! You wouldn't even know that there wasn't any sugar in it! AMAZING!

I had to make a few modifications when I made the first attempt at the recipe. I am anaphylactic to nuts, so I used pumpkin seed butter instead of almond butter, which was a perfect alternative. I really wanted to make this recipe free of most inflammatory foods, so I used the coconut oil in place of regular butter. The second time I threw in some blueberries for some colour and flavour.

I'm an old fashioned girl, so I mashed and mixed everything by hand. No blender or food processor needed. All you need is a little elbow grease.

Remember to use parchment paper in a pyrex loaf dish and grease it. I checked my loaf at 55 minutes and removed it by the 60 minutes cooking time. The loaf may be wet the first time you make it, but this will tell you how to perfect it the next time. I left mine out to dry out on the counter overnight and that helped. By the third attempt I had the perfect loaf. Practise is all it takes, when trying recipes that don't have the common ingredients that you are use to using. Have Fun and Enjoy!