

Angie Bloom

Angie's Paleo Friendly Banana Bread

Ingredients

- 3-4 small to medium over ripe bananas or 3 large ones mashed really well
- 2 large eggs
- 4 egg whites
- 1 scoop of paleo protein (or you can use what you like and is on hand)
- 2 tsp pure vanilla extract
- 1/4 cup coconut oil
- 1 3/4 cups blanched almond flour
- 1/2 cup coconut flour (could also use oat flour but will not be grain free carbs would increase)
- 1 tsp baking soda
- 3/4 tsp baking powder
- 1 tsp Saigon cinnamon (you could also use regular cinnamon)
- 1/4 tsp unrefined mineral salt

Instructions

1. Whisk together all dry ingredients and set aside. Preheat oven to 350 degrees F and line a medium loaf pan with parchment paper.
2. In a large bowl, whisk together the eggs and mashed bananas, then add vanilla and coconut oil until well combined.
3. Slowly fold in dry ingredients mixture into the wet just until moistened and no visible flour remains. Do not overmix or it will not rise properly.

4. Transfer batter to prepared loaf pan and bake in the preheated oven for 50-60 minutes until deep golden brown and toothpick comes out clean. Allow to cool in the loaf pan. You may remove the parchment paper to help you slice it!

Nutrition Notes

Servings: 10 servings

1 slice = Calories 278, Fat 15.1g, Carbs 23.5g, Protein 13.3g, Fiber 4.9g, Sugars 8.9g

