



BANANA BREAD

ALLERGIES:

No grains
No dairy
No gluten

Prep time: 10 mins

Cook time: 60 mins

Serves: 10-12 slices



INGREDIENTS

- 2 large, ripe bananas, mashed
- 4 eggs, lightly beaten
- 1 tbsp rice malt syrup or honey
- 1 tsp vanilla extract
- 1 tbsp melted coconut oil
- 1/2 cup arrowroot
- 1 3/4 cups blanched almond meal
- 1 tsp baking powder
- 1/4 tsp pink rock salt
- 1 1/2 tsp ground cinnamon
- 1 tsp baking soda
- 1/2 cup chopped walnuts or pecans

METHOD

- Preheat oven to 180°C.
- Grease and line a loaf tin with baking paper.
- In a bowl, whisk bananas, eggs, vanilla, coconut oil, rice malt syrup, and vanilla.
- In another bowl combine arrowroot, almond meal, baking powder, salt, cinnamon, baking soda and chopped nuts.
- Fold dry ingredients into banana mixture gently, until combined and pour into prepared tin.
- Bake 50-60 minutes until a skewer comes out clean, cool in the tin.
- Slice and enjoy plain or spread with vegan butter.