

GF COCONUT BANANA Bread

INGREDIENTS

1 cup coconut sugar	2 cups gluten-free flour
3 medium bananas (very ripe)	1/2 tsp arrowroot powder
2 eggs*	1 1/2 tsp baking powder
1/2 cup coconut oil (melted)	1/2 tsp baking soda
1/4 cup coconut milk	1/2 tsp cinnamon
1/3 cup chopped almonds or walnuts	
1/4 cup unsweetened coconut shreds	

DIRECTIONS

Preheat the oven to 350°F. In a bowl mix together coconut sugar and melted coconut oil for about 2 minutes.

Mash bananas and set aside. Blend in eggs to sugar/oil mixture before adding the mashed bananas and coconut milk to the same bowl. Mix all together.

In a separate bowl, whisk together the GF flour, arrowroot powder, baking powder, baking soda, and cinnamon.

Slowly blend in the dry ingredients with the wet ingredients, about a third at a time. Continuing to mix.

Mix in the chopped nuts and coconuts shreds. Spread the batter into a loaf pan (recommend 9x4x4). If needed, use parchment paper to keep batter from sticking to pan while baking.

Bake in preheated oven for 65 minutes until a toothpick inserted in the center comes out clean. Allow to cool completely before slicing and serving.

Shopping List

COCONUT SUGAR
3 BANANAS
2 EGGS*
COCONUT OIL
COCONUT MILK
GROUND CINNAMON
GF FLOUR
ARROWROOT POWDER
BAKING POWDER
BAKING SODA
CHOPPED NUTS
COCONUT SHREDS

*2 egg substitute: Combine 2 tbsp ground flaxseed and 6 tbsp water in small bowl and let sit for 5 minutes to form egg like consistency.