

Classic Banana Bread



My basic banana bread recipe is a favorite among both the young and old. This quick bread will satisfy even the biggest carb cravings with its moist texture and light sweet flavor.

The best part, it's grain free and doesn't crash your blood sugar and keeps away cravings.



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Coach, helping to build
extraordinary parent-
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while solidifying our
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INGREDIENTS:

4 medium bananas
4 eggs
1 c. almond flour
3/4 c. coconut flour
1/4 c. tapioca starch
1/4 c. coconut sugar (optional)
1/4 c. avocado oil
1 tsp (slightly heaping) baking powder
2 tsp (slightly heaping) baking soda
1/2 tsp salt
2 tsp vanilla
1 1/2 tsp cinnamon

optional: walnuts and/or mini chocolate chips

DIRECTIONS:

Preheat oven 350 degrees.

Put muffin liners in a 12 count muffin tin plus one in a custard cup if you have extra. (The size of your bananas will vary the amount of the mixture.)

Chop up bananas into big pieces and put in food processor. Pulse until a lumpy and pasty consistency. Make sure there are no large chunks. (We will process further when we blend in the other ingredients.)

Next, add all the other ingredients in order. Pulse until it is a smooth consistency. (NOTE: Please do not over process! Pulse just until the mixture is smooth.) This should be seconds. Then, put one icecream scoop of batter in each muffin liner.

OPTIONAL: Sprinkle walnuts or mini chocolate chips on top. Press into batter so that they bake in. (Note, the nuts will become toasted - yum!)

BAKE: Bake for 18-22 minutes. The middle should be risen, the outside dark brown, and when you touch the center of the muffin, it should be firm but don't over bake!

Cool 10 minutes and remove from pan.