

# GLUTEN FREE BANANA BREAD



Serves: 12  
Prep: 10 mins  
Cook: 60-75 mins



Nutrition per serving:  
247 kcals  
31g Carbs  
12g Fats  
6g Protein



## WHAT YOU NEED:

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- 1/2 tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- 1/4 cup (50 g) coconut palm sugar
- 2-3 tbsp maple syrup
- 3 1/2 tsp. baking powder (gluten free)
- 3/4 tsp. sea salt
- 1 tsp. ground cinnamon
- 3/4 cup (180 ml) unsweetened almond milk
- 1 1/4 cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

## WHAT YOU NEED TO DO:

Preheat the oven to 350F (180C). Line a 9x5-inch loaf tin with parchment paper.

Mash bananas in a large bowl, then add the remaining ingredients (apart from the flours) and mix well until smooth. Finally, add the almond and buckwheat flour. Mix well until combined.

Transfer the batter into the loaf tin and top with the halved banana (optional). Bake in the oven for 60-75 mins, until firm and golden.

Remove from the oven and let cool completely before serving.