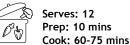


GLUTEN FREE BANANA BREAD





Nutrition per serving:247 kcals12g Fats31g Carbs6g 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 ½ tsp. baking powder (gluten free)
- ¾ tsp. sea salt
- 1 tsp. ground cinnamon
- ¾ cup (180 ml) unsweetened almond milk
- 1 ¼ cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

WHAT YOU NEED TO DO:

Preheat the oven to 350F (180C). Line a 9x5inch 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.

