

BANANA NUT BREAD

(Courtesy Yussuf)

(Suggestion for all recipes: beat egg white separately and fold into mixture once complete)

Ingredients

1 ripe banana, mashed
8 eggs
½ cup coconut milk
½ cup brown sugar
½ teaspoon vanilla extract
½ teaspoon almond extract
½ teaspoon salt
¾ cup sifted Organic Coconut Flour
1 teaspoon baking powder
½ cup pecans or walnuts, chopped

Method

Blend together mashed banana, eggs, coconut milk, sugar, salt, vanilla and almond extracts. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Fold in nuts. Pour into greased 9x5x3 inch loaf pan and bake at 175C (350F) for 60 minutes. Remove from pan and cool on rack.

