

# Grain Free Banana Bread

Adapted from George Bryant (Civilized Caveman)

Prep time 10 mins

Cook time 60 mins

Total time 1 hour 10 mins

Serves: 8 or 12 muffins

## Ingredients

- 4 very ripe bananas ( $2\frac{1}{2}$  cups mashed or 575 grams)
- 4 eggs (replace with  $\frac{1}{4}$  chia seeds soaked in  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of water)
- $\frac{1}{2}$  cup almond butter (140 grams- can sub coconut, sunflower seed, macadamia nut, etc butter)
- 4 tablespoons grass-fed butter, melted (substitute earth balance coconut spread or coconut oil)
- $\frac{1}{2}$  cup coconut flour (75 grams- sub in any nut flour)
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder (gluten free)
- 1 teaspoon vanilla
- pinch of sea salt

## Instructions

1. Preheat your oven to 350 degrees fahrenheit

2. Combine your bananas, eggs, nut butter, and grass-fed butter in blender or mixing bowl using a hand-mixer or immersion blender

3. Once all of your ingredients are blended, add in your coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt. Mix well

4. Pour your batter into a well greased loaf pan or muffin cups

5. Place in your preheated oven and bake for 55-60 minutes loaf pan/ 20 minutes muffin tins or until a toothpick inserted into the center comes out clean

6. Remove from oven and flip your bread out onto a cooling rack

7. Cool completely.

## Variations

1. Cranberry Orange – Only use 3 tablespoons of butter. Add zest of one whole orange diced, juice of one whole orange, and 1 cup dried cranberries or fresh if you want

2. Chocolate Blueberry – Add 1 cup of fresh blueberries and  $\frac{1}{2}$  cup of cocoa powder

3. Pumpkin Pecan – Reduce the almond butter to  $\frac{1}{4}$  cup and add  $\frac{1}{2}$  cup of pumpkin puree and 1 cup of roughly chopped pecan pieces

Enjoy!