

Glimpse into choc chip banana bread



When you are grain free and gluten free, bread and cake textures are a distance memory! A recent discovery I made in a local health store was green banana flour. I have been experimenting with it, and it makes quite fluffy, baked treats.

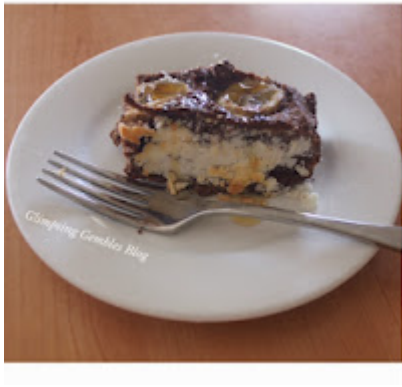
This recipe is also dairy and egg free, so it can be a little dry once it has cooled. I find that it is yummy toasted or microwaved, and topped with mashed banana, strawberries or coconut butter.





Choc chip banana bread

1 cup green banana flour
1/2 cup almond meal
1/4 cup coconut flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 tablespoon cinnamon
1 cup choc chips
1/4 – 1/3 cup maple syrup
1 cup banana, mashed
1 cup coconut milk
1/4 coconut oil
1 gelatin egg (1 tablespoon of gelatin dissolved in 2-3 tablespoons of boiling water)
1 chia egg (1 tablespoon of chia seeds dissolved in 3 tablespoons of water)



Preheat oven to 200 degrees celcius. Line loaf pan with baking paper.

Combine dry ingredients well.

Combine wet ingredients well.

Stir the two mixtures together. Pour into the lined pan.

Cook for 40 minutes, or til inserted skewer comes out clean.