

## HEALTHY BANANA BREAD (Grain Free)



### DRY INGREDIENTS

1 cup	blanched almond flour
1 cup	coconut flour
2/3 cup	Somersweet
2 tsp.	baking powder
2 tsp.	baking soda
1 tsp.	xanthum gum
1 tsp.	salt
1 tsp.	cinnamon
1/2 cup	coconut oil *
2 handfuls	pecans ( <i>chopped</i> ) **
1/3 cup	Enjoy Life semi-sweet chocolate chips **

\* will be mixed in with the dry ingredients with a pastry blender

\*\* will be added at the end

### WET INGREDIENTS

1 cup	Vanilla So Delicious Coconut Yogurt OR applesauce
2/3 cup	So Delicious Coconut Milk
1 tsp.	vanilla
3	bananas ( <i>mashed</i> )
4	eggs or equivalent Ener-G Egg Replacer

Preheat oven to 325°.

Grease the bottom and sides of your muffin tins with coconut oil.

Combine all of the dry ingredients (*except for the coconut oil, pecans, and chocolate chips*) in a bowl and whisk them to incorporate. Once the dry ingredients are well mixed, add the coconut oil into the mixture and cut it in with a pastry blender. You want the coconut oil to break into lots of tiny pieces so that when you add the wet ingredients you won't have large chunks of coconut oil throughout your batter (*this step is very important*).

Slice the bananas into a separate bowl and then mash them being sure to leave some chunks. Add the rest of the wet ingredients into the bowl with the bananas and mix well.

Next combine the wet ingredients with the dry and mix to combine. The batter will not be runny, but will hold together fairly well. Once the batter is fully mixed, add in the pecans and chocolate chips.

I use an ice cream scoop (*approximately 1/3 cup*) to fill my muffin tins and make them uniform so they cook evenly. Once you have filled the muffin tins, push them down to flatten.

Bake the muffins for 30-40 minutes (depending upon your muffin tin). Turn the pan 180° halfway through the bake time.

Once they are nice and brown and the middle of the muffin is set, remove from the oven. Let the muffins rest for 5 minutes and then transfer them to cooling racks. It is very important to allow the muffins to cool so they firm/set-up.

Enjoy!