

BANANA AND NUT LOAF



Amazing with some butter and a cuppa rosey lee. Slice the loaf and tub it until you fancy a slice.

Ingredients:

180g Almond Flour or Ground Almonds
4 eggs
1 Tablespoon of coconut oil (melted)
3 ripe bananas, normal work fine
1 teaspoon vanilla extract
 $\frac{3}{4}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
Handful of crushed pecans or a nut of your choice
85g Canadian Maple Syrup

How to put it all together:

- 1 – Preheat the oven to 175
- 2 – In a large bowl mash the bananas
- 3 – Mix in the eggs, coconut oil, maple syrup, and vanilla
- 4 – Add the almond flour/ground almonds, cinnamon, nutmeg, baking powder, and salt
- 5 – Mix until there are no lumps
- 6 – Lightly grease a 5 x 10 or smaller loaf pan with coconut oil
- 7 – Pour the mixture in the pan, top with the crushed nuts
- 8 – Bake for 45 minutes or until edges are golden brown (this time may vary depending on your oven)
- 9 – Remove from the oven and let cool completely before slicing

Note: You can make these into muffins if you don't have a loaf tin to hand.

Happy baking.

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