

Paleo Banana Bread

Shopping List

- * 2 ripe bananas
- * 1/2 cup coconut flour
- * 1/2 cup arrowroot flour
- * 4 large, organic eggs (room temperature)
- * 3 tbsp coconut oil (melted)
- * 1/4 cup pure maple syrup
- * 1 tbsp pure vanilla
- * 3/4 tsp baking soda
- * 3/4 tsp baking powder
- * 1/4 tsp nutmeg
- * 1 tsp cinnamon
- * 1/2 tsp sea salt

Preheat your oven to 350* F. Coat the sides of a 9"x5" bread loaf pan with coconut oil.

In a large mixing bowl, combine the dry ingredients and mix together well. In a separate bowl, mash the two bananas and combine the rest of the wet ingredients. Add the wet ingredients to the dry ingredients and blend thoroughly using a hand mixer. Allow the batter to sit for about 5 minutes before transferring the contents to the bread loaf pan.

Bake at 350* F for 30-35 minutes before checking the bread with a toothpick. Insert a toothpick into the center of the loaf. When it comes out clear it is done baking.

I turned my oven off at 30 minutes but allowed the bread to continue baking for 10 more minutes in the oven. My hope for this was to let it finish cooking yet not overcook it and dry it out as I was literally making up this recipe on my own. Turns out, that was the perfect trick. The Paleo banana bread was baked perfectly with the right firmness on the outside, moist on the inside, easy to slice and it held together perfectly should you want to spread anything on top of it like almond butter.