

PALEO HONEY CINNAMON BANANA BREAD



DIFFICULTY

EASY



TIME

50 MIN



SERVES

16

INGREDIENTS

1 tsp cooking spray or coconut oil for greasing the 8" x 8" baking pan
4 Large Eggs
2 Cups Mashed or Pureed Ripe Banana (About 2 large Bananas)
1 tsp Vanilla Extract
¼ Cup Coconut Oil, melted
¼ Cup Honey or Maple Syrup
½ Cup Nut Butter (Cashew, Almond or even Peanut Butter)
½ Cup Coconut Flour
1 tsp ground Cinnamon
1 tsp Baking Powder
1 tsp Baking Soda
½ tsp Sea Salt
1 Cup of Walnuts, Pecans and/or Chocolate Chips (I use stevia-sweetened Lily's baking chips)

DIRECTIONS

1. Preheat the oven the 350 degrees
2. Lightly grease an 8" x 8" baking pan
3. In a large bowl, whisk together the egg until uniform in color. Whisk in the banana and vanilla
4. In a glass measuring cup, fill with ¼ cup coconut oil (it will most likely be solid) and melt in microwave. Double check that the melted amount is ¼ cup by squatting down to counter level. Remove or add any extra coconut oil
5. Add the ¼ cup honey or maple syrup to the coconut oil. If the honey is very thick, microwave 10 seconds
6. Add the ½ cup nut butter to the coconut oil-honey or maple syrup mixture. The total amount of ingredients should total 1 Cup. Check this at eye level
7. Whisk the coconut oil mixture and the coconut flour, cinnamon, baking soda, baking powder and sea salt into the banana mixture. Fold in the nuts and/or chocolate chips
8. Transfer into greased pan and place into the oven. Bake for 34-38 minutes

NUTRITION FACTS PER SERVING

Calories: 133 **Fat:** 9.7g (Saturated Fat: 3.7g) **Carbohydrates:** 9.8g **Fiber:** 1.3g **Sugar:** 3.8g **Protein:** 3.8g



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