Healthy and Oh-So-Delicious
Gluten Free Grain Free
Banana Bread

Ingredients

1/4 Cup Coconut Flour
3/4 Cup Almond Flour
1/2 Teaspoon Sea Salt
3/4 Teaspoon Baking Soda
3 Eggs
2 Tablespoons Grapeseed or Avocado Oil
2 Ripe Bananas
1/2 Teaspoon Ground Flax Seed
1/2 Teaspoon Vanilla
1/2 Cup Walnuts- Chopped
1/4 Cup Maple Syrup

Instructions

*Preheat oven to 350° and bake for 30-40 minutes until golden brown.

Mash the bananas with a fork until they are mush. Add coconut flour, almond flour, sea salt, baking soda, and flax seed and mix using a mixer or hand blender until well incorporated. Next, add eggs, oil, vanilla, and maple syrup. Mix again! Fold in walnuts. Pour batter into an oiled, or parchment-lined baking pan. Then bake, eat, and enjoy!