



Paleo Banana Bread Recipe

Ingredients

- 1 cup Buckwheat flour
- 1 cup almond meal
- 3 Bananas (very ripe)
- 3 eggs
- 1/3 cup grated coconut (plus a bit for sprinkling on top)
- 4 tablespoons coconut oil
- 1 tablespoon cinnamon

1/3 cup mixed pumpkin and sunflower seeds (plus some for sprinkling on top)

Almond Milk (only needed sparingly if the mixture is too thick)

1 teaspoon baking powder

4 tablespoons Honey (optional)

Pinch of salt

It's also nice with ½ cup of Raspberries added

Method

1. Preheat your oven to 180 C (moderate oven)
2. Combine the bananas, eggs, and buckwheat flour
3. Once those ingredients are blended, add in almond meal, coconut, coconut oil (may need to heat this slightly to make it a liquid in these cold south-east winters), cinnamon, seeds, baking powder, honey and sea salt. Mix the batter well.
4. Line your loaf baking tin with baking paper or grease it with coconut oil.
5. Pour in the batter and spread it evenly throughout. Sprinkle with coconut and pumpkin & sunflower seeds.
6. Place in your preheated oven and bake for 40-45mins or until crispy golden brown on top.
7. Remove from the oven and flip your bread out onto a cooling rack.
8. Slice and serve.

I really like this toasted with a thick layer of real butter.....delicious!!!!!!!!!!!!!! (Butter eaters make better lovers xx

www.happyandhealthywithhayley.com.au

Mobile: 0408 083 582

Email: happyandhealthywithhayley@gmail.com

