



Paleo Banana Bread

Active Time: 10 minutes | Total Time: 1 hour | Serves: 16

Nutrition Information Per Serving

144.6 calories, 6.13 g carbohydrate, 2.25 g fiber, 3.88 g NET carbs, 3.12 g protein, 12.5 g fat

Ingredients

- 8 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 1/2 cup(s) Bob's Red Mill Almond Meal/Flour
- 1/4 tsp(s) Real Salt
- 2 small(s) very ripe bananas
- 4 large(s) pastured eggs
- 2 tsp(s) organic vanilla extract
- 8 Tbsp(s) organic virgin coconut oil, melted
- 1/2 tsp(s) baking soda
- 1/2 cup(s) pecans, chopped

Preparation

1. Preheat the oven to 350 degrees F. Grease a 7.5 x 3.5 inch loaf pan and make a parchment sling covering the bottom of the pan that extends over the ends.
2. In a medium bowl, whisk the dry ingredients.
3. In a large bowl, whisk together the eggs, melted coconut oil and vanilla.
4. Add the dry ingredients to the wet and mix well to combine using a hand-held mixer or a silicone spatula.
5. Fold in the bananas and nuts.
6. Scrape the thick batter into the prepared pan and smooth the top.
7. Transfer to oven and bake 45 minutes or until golden brown and a toothpick inserted into the center comes out clean.
8. Store cooled bread in an airtight container.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.