LOVE THY CARROT

real food made with love

. . .

BANANA BREAD WITH CACAO NIBS

This recipe makes 1 loaf

INGREDIENTS

1/2 cup almond flour
1/2 cup coconut flour
1 tablespoon arrowroot starch
1 1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon vanilla
2 tablespoons coconut oil, (melted and slightly cooled)
4 eggs, (room temperature)
4 very ripe bananas
1/2 cup cacao nibs

DIRECTIONS

1. Preheat the oven to 350°F. Grease a standard glass loaf pan with coconut oil.
2. In a medium sized mixing bowl, add all the dry ingredients and mix well.
3. In a separate bowl, cream together the bananas, coconut oil, and vanilla, then add in the eggs and mix until well blended.
4. Add the dry ingredients to the wet, stir until all ingredients are mixed well. Fold in the cacao nibs.
5. Spoon the batter into the loaf pan. Bake for 45 - 50 minutes until lightly golden on top.
6. Allow to cool completely before slicing.

COOKS NOTES

Because this recipe only uses the bananas to add sweetness you must use very ripe bananas.
BTW - Cacao nibs do not melt!