



*cara price*

## BANANA BREAD

### INGREDIENTS

#### wet ingredients:

- 3 large, very ripe bananas
- 4 eggs
- 3 tablespoons maple syrup
- 3 tablespoons avocado oil
- 1 tablespoon vanilla
- 1 teaspoon apple cider vinegar

#### dry ingredients:

- 3/4 cup almond flour
- 1/2 cup coconut flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt\*you will also need a smidge of oil to grease the loaf

#### panoptional add ins:

- 1/3 cup chocolate chips or chopped pecans

### DIRECTIONS

heat oven to 350.

in a medium size mixing cup or bowl, combine all the dry ingredients together.

in the bowl of a stand mixer, combine the bananas, maple syrup & avocado oil until bananas are mostly blended {it's ok if there are small chunks of banana} then add in the eggs, vanilla & apple cider vinegar mixing just until eggs are completely combined.

add flour mixture into the bowl & blend on low-medium speed until totally mixed, scraping the sides of the bowl as necessary.

if desired, add in nuts or chocolate chips now.

in a glass loaf pan, grease the sides & bottom of the dish, then cut a rectangle out of parchment paper the size of the bottom of the pan & lay it on top of the greased bottom.

pour the bread batter into the pan & bake 40-45 minutes, until a wooden toothpick comes out clean.