

# Banana Bread

20 SERVINGS 1 HOUR



## INGREDIENTS

3/4 cup Coconut Flour  
2 tsps Baking Soda  
1/2 tsp Sea Salt  
3 Banana (ripe, mashed)  
1/3 cup Butter (unsalted, very soft)  
5 Egg (whisked, room temperature)  
1 tsp Vanilla Extract (real)  
2 tsps Apple Cider Vinegar  
1/4 cup Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Iron	2mg
Fat	11g	Vitamin D	21IU
Carbs	20g	Folate	19µg
Fiber	4g	Magnesium	13mg
Protein	5g	Zinc	0mg
Vitamin C	3mg		

## DIRECTIONS

- 01 Preheat oven to 325°F (162°C).
- 02 In a small bowl, whisk together the flour, baking soda, and salt.
- 03 In a large bowl, mash the bananas and mix in the butter and honey. Then add the eggs, a little at a time, mixing bowl contents between additions. Then add the vanilla and apple cider vinegar. Combine with a hand mixer until uniform.
- 04 Add the flour mixture to the banana mixture, and mix until well combined.
- 05 Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 40 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing. Enjoy!

## NOTES

### RECIPE ID 802

### EASY SNACKING

These can easily be made into muffins by baking in a muffin tin instead of a loaf pan.

### DOUBLE THE BATCH AND FREEZE

Double all the ingredients and make a double batch. Store in the refrigerator for a week. Freeze for 3 months.

### SERVING SUGGESTIONS

Eat cold, or heat in microwave, top with SCD yogurt, cinnamon and honey.