

Yummy Banana Bread

By Elissa Lorenzen



Ingredients:

1/2 cup rice flour
1/2 cup tapioca flour
2 tsp baking powder
1/4 tsp sea salt
1 tsp cinnamon
1/4 tsp fresh ground nutmeg
1 packet (teaspoon) stevia
1/4 cup carob chips
1/4 cup thinly sliced almonds
2 bananas mashed
1 tablespoon coconut oil
1 egg

Directions:

Preheat the oven to 350 degrees. In a bowl mix all the dry ingredients. Mash the bananas in a separate bowl. In a small bowl, beat together egg and coconut oil, then add to the bananas. Add the banana mix to the dry mix and stir until mixed well. In a greased loaf pan place the mix in and bake for 30 minutes. It is not too sweet, so for more sweetness drizzle with honey when sliced. I like it both ways! Enjoy!

Bananas are high in B6 and a good source of potassium. This recipe is gluten-free, so it is great for all those who are sensitive to wheat.