INGREDIENTS

* ▢ 1 ½ cups (171g) [blanched almond flour](https://amzn.to/2XUwGmy)
* ▢ 1 ½ teaspoons [baking soda](https://amzn.to/3m95AxZ)
* ▢ ½ teaspoon [fine sea salt](https://amzn.to/3mbYOaI)
* ▢ ¾ cup (160g) avocado, \*
* ▢ ¾ cup (125g) banana, \*\*
* ▢ 3 tablespoons (36g) [coconut oil](https://amzn.to/2JZT3Qq), melted
* ▢ 1 teaspoon [vanilla extract](https://livinghealthywithchocolate.com/desserts/how-to-make-vanilla-extract-and-vanilla-powder-14439/)
* ▢ 2 tablespoons (44g) [raw honey](https://amzn.to/2IEVW8H), or maple syrup
* ▢ 1 large egg, room temperature\*\*\*
* ▢ ⅓ cup macadamia nuts, chopped (optional)

 To see the brands I use, click each ingredient above or visit my [Amazon shop](https://www.amazon.com/shop/livinghealthywithchocolate).

INSTRUCTIONS

* Preheat the oven to 350 degrees and line an [8x4-inch medium loaf pan](https://amzn.to/2w2AK44) (or a cake pan) with parchment paper.
* In a large bowl, mix the almond flour, baking soda, and salt.
* Add the avocado, banana, coconut oil, vanilla, honey, and egg to your food processor (or blender) and pulse until the mixture is smooth.
* Using a rubber spatula, gently mix the avocado mixture with the dry ingredients to form a batter, then fold in the macadamia nuts. Spread the batter evenly in the pan.
* Bake until a toothpick inserted into the center comes out clean, about 40 to 50 minutes. To preserve freshness, store bread inside an airtight container in the fridge. You can double the recipe if you like and also freeze it.

NOTES

\*If you don't have a scale to measure the ingredients mash your avocado then fill your measuring cup. You'll need about 2 small avocados.

\*\*If you don't have a scale to measure the ingredients chop the banana into small pieces and fill the measuring cup. You'll need about 1 large banana. If you can find a type of banana called Apple banana use it in this recipe because it tastes amazing.

\*\*\*You can omit the egg in this recipe, but keep in mind the texture will be more dense without it.-Use maple syrup in place of honey if you're Vegan.