



BANANA BREAD

SERVES: 8 (1 slice each) Prep Time: 10 min. Cooking Time: 45 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½ 1½

Banana bread is one of those foods that sounds healthy but is often loaded with fat and sugar. Not a problem with our Fixate version! It's made with a Fix-approved dose of healthy coconut oil, unrefined coconut sugar, fully gluten-free, AND vegan (optional). What more could you ask for? Oh yeah, taste! Trust us, you won't be missing any.

- 3** large very ripe bananas, mashed
- ¼ cup** melted extra-virgin organic coconut oil
- 1** large egg
- 1 tsp.** pure vanilla extract
- 1 cup** gluten-free all-purpose flour (preferably Bob's Red Mill®)
- ½ cup** almond flour
- 1 tsp.** baking powder, gluten-free
- 3 Tbsp.** coconut sugar
- ½ tsp.** sea salt (or Himalayan salt)

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat 4 x 8-inch loaf pan with spray. Set aside.
- 3.** Combine bananas, oil, egg, and extract in a medium mixing bowl; mix well. Set aside.
- 4.** Combine flour, almond flour, baking powder, sugar, and salt in a large mixing bowl; mix well.
- 5.** Add banana mixture to flour mixture; mix until a smooth batter forms.
- 6.** Place batter into prepared loaf pan. Bake for 35 to 45 minutes, or until a toothpick inserted into the center comes out clean.
- 7.** Cool for 5 minutes. Turn loaf out onto cooling rack; let cool completely before slicing into eight equal slices.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTES:

- The riper the bananas, the more natural sweetness they provide.
- If Bob's Red Mill is unavailable, select a gluten-free all-purpose flour with chickpea (garbanzo bean) flour listed as first ingredient.
- To make this recipe vegan, substitute 1 Tbsp. ground flaxseed and 2 Tbsp. water for the egg. Mix flaxseed and water before measuring the other ingredients, and set aside until you are ready to use them.
- Wrap leftover slices individually and freeze for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 223 Total Fat: 12 g Saturated Fat: 6 g Cholesterol: 23 mg Sodium: 196 mg Carbohydrates: 29 g Fiber: 3 g Sugars: 12 g Protein: 4 g

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Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.