



GLUTEN FREE BANANA & WALNUT BREAD

RECIPE OF THE WEEK - Affordable Wholefoods

This weeks recipe is from Casey-Lee of [Live Love Nourish](#). A super easy, super healthy, sugar free banana bread recipe with no added sugars, just the natural sweetness of fresh bananas'.

Ingredients:

3 large free range eggs

1 ¼ cup (330g) ripe banana, mashed (approx 2 -3 medium bananas)

1 ¾ cups (180g) almond meal

2 Tbsp (16g) organic maca powder (optional)

2 tsp (8g) gluten free baking powder

1/2 tsp (1g) ground cinnamon

¾ cup (75g) walnuts, chopped

Method:

Pre-heat fan-forced oven to 180°C.

In a medium mixing bowl whisk eggs. Add mashed banana and whisk to combine. Add in almond meal, maca powder, baking powder and cinnamon and combine well.

Pour batter into a lined loaf tin.

Bake in oven for 40- 45 minutes or until cooked through. Test with a skewer; the skewer will come out clean when cooked through.

Serving Suggestions:

Serve warm, toasted or chilled.

Inspirations:

Sprinkle almond flakes or crushed walnuts on surface prior to baking and place baking paper on top (to stop nuts from burning).

Instead of walnuts you can also use chopped macadamia nuts.

Add 1 tsp organic vanilla powder to batter.

To give your banana bread a boost of extra banana flavour add an additional $\frac{1}{4}$ cup of mashed banana to mixture, totalling 1 $\frac{1}{2}$ cups.

Instead of cooking as a loaf of banana bread you can spoon batter into muffin trays and cook for half the time.

For a fun decoration layer the top of you uncooked banana bread with thin slices of banana before baking.

Recipe Tips:

Maca is a root plant native to the Andes of Peru. It is made into a superfood powder that can be added to baking, smoothies and raw treats with benefits such as boosting energy and improving hormonal balance. You can purchase from health food stores.

This recipe is suitable to freeze.

You can also make this recipe into muffins.

Gluten Free | Grain Free | Dairy Free | Paleo | Refined Sugar Free

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