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Banana Almond Bread (GF/CF)

Ingredients:

- 3 cups almond flour (other nut flours can be used such as pecan, walnut, or hazelnut)*
- ½ cup raw honey or agave nectar
- 3 eggs
- 2 ripen mashed bananas
- ½ teas baking soda
- ¼ teas sea salt
- Optional ingredients: ¼ - ½ cup raisins, chopped walnuts, chopped pecans, dried cherries, dried cranberries, flax seeds, chia seeds, pumpkin seeds, sunflower seeds, and/or chocolate chips

PREPARATION:

1. Mix ingredients.
2. Pour into a greased standard sized bread pan.
3. Bake @ 325° for 1- 1 ¼ hour.
4. These can be made into muffins, decrease baking time by 10 – 15 min.

*Nut flours can be made by taking 3 ½ cups of crispy nuts and processing them through the food processor until finely ground.

Enjoy!