

Gluten-Free Banana Bread

Chef Kathryn Bari-Petritis and The South Huntington Library

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Yields one loaf

Ingredients:

1/4 cup melted coconut oil or extra virgin olive oil
1/2 cup honey or maple syrup
4 large eggs
1 cup mashed ripe bananas (about 2 1/2 medium or two large bananas)
1 teaspoon baking powder
1 teaspoon vanilla extract
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon fine sea salt
2 1/2 cups almond flour

Procedure:

1. Preheat oven to 325 degrees. Generously grease your loaf pan's base with cooking oil spray or butter then generously flour it with almond flour.
2. In a large mixing bowl, combine the oil and honey. Whisk until blended together. Add the eggs, and whisk until the mixture is thoroughly combined
3. Add the mashed bananas, baking powder, baking soda, vanilla, cinnamon and salt, whisk to combine
4. Finally, add the almond flour. Switch to a large spoon or spatula, and stir until the flour is fully incorporated into the batter. Pour the batter into your prepared loaf pan
5. Bake for 55 to 65 minutes, until the center of the loaf is fairly springy to the touch and a toothpick comes out clean. Place the pan on a cooling rack to cool for at least 30 minutes (this bread is delicate while warm). Use a butter knife to loosen the edges of the bread from the pan, then carefully tip it over to release. Slice and serve

Cook's Notes:

This bread is moist and will keep at room temp for a couple of days, in the refrigerator for up to 5 days, or freeze it for up to several months (slice it first if you'd like to be able to grab a single serving). You can also use oat flour or a gluten-free all-purpose flour.

Recipe adapted by Chef Kathryn Bari-Petritis from Cookie and Kate, gluten-free banana bread recipe.

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