

HEALTHY BANANA BREAD

*gluten free, refined sugar free

WET INGREDIENTS

- 3 very ripe [bananas](#)
- 1 cup [dates](#) (tightly packed/seeds removed- equals about 3/4 cup date paste)
- 1/2 cup melted [coconut oil](#)
- 1 tblsp [almond milk](#)
- 1 [egg](#)
- 1 tsp [vanilla extract](#)

DRY INGREDIENTS

- 1 cup GF flour (I used [almond flour](#))
- 1 cup [oats](#)
- 1 cup [walnuts](#)
- 1 tblsp [cinnamon](#)
- 2 tsp [cardamom](#) (optional, I didn't use it)
- 2 tsps [baking powder](#)
- 1 tsp [baking soda](#)
- 1/2 cup [dark chocolate chips](#)
- pinch of [sea salt](#)

DIRECTIONS

**Original recipe by Annie Jaffrey*

1. Preheat oven to 350 degrees
2. Make date paste by adding 1 heaping cup of tightly packed dates to a food processor or blender and a splash of water and blend until the dates are smooth and creamy
3. Add bananas to a large bowl and mash with a fork
4. Add in all wet ingredients (coconut oil, date paste, almond milk, egg, vanilla extract)
5. In a separate bowl, combine the dry ingredients (almond flour, oats, walnuts, cinnamon, baking powder, baking soda, dark chocolate chips, sea salt)
6. Gently stir the dry ingredients into the wet ingredients
7. Grease pan with coconut oil or line with parchment paper
8. Place mixture inside and bake for about 60 minutes (or until a toothpick inserted comes out clean and top is golden brown)
9. Remove from tin and let cool on a baking rack for about 30 minutes, slice and enjoy!

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