

Banana Walnut Loaf

Ingredients

6 - 70 grm eggs
1/3 cup of coconut oil
1/3 cup of honey or maple syrup
1/3 cup of coconut flour
1 cup of chopped walnuts
3. Mashed bananas
1 tspn of baking soda

Method

Beat eggs and the honey or syrup until thick and creamy .
Fold in oil first
Add a Tblspn of water to the baking soda and mix into the mashed bananas .
Then add the bananas and walnuts to egg mixture .
Fold through and then sprinkle the flour in and lightly mix .
Pour into a greased loaf pan and cook for 30 - 40 min at 180 * C

Great morning tea to share

