BANANA BREAD

It Makes a Meal — Protein Packed Banana Bread

Ingredients:

3 ripe bananas
8 medjool fates, seeds removed
3 tablespoons of hulled tahini or nut/seed butter of your choice
Juice of ½ a lemon
2 teaspoon cinnamon
½ cup coconut flour, sifted
1 teaspoon bicarb soda
4-6 eggs
Pinch of salt

Procedure:

Preheat your oven to 180°C (350°F). Grease and line your loaf tin (mine is 19cm x 9cm).
Blend the bananas and dates together until smooth. Add the remaining ingredients and mix until well combined. Pour mixture into the tin.
Bake for 45 minutes or until an inserted skewer comes out cleanly. Enjoy!
*I have made this with four, five and six eggs, all were delicious. The more eggs you use, the higher the protein content will be. Simply use what works for you.

Source: Slade, Bianca. “Banana Bread.” *Whole food Simply—Real Food Recipes*