AMERICAN · DESSERT · SNACK

Gluten-Free Coconut Flour Banana Bread with Walnuts

60 min · plus cooling | Makes 12 × 1 slice (1/12 loaf) | 214 kcal a portion | Video 3:56 · Leelalicious

Vegetarian | Gluten-free ingredients | Dairy-free

Sweetened only by ripe bananas, with coconut flour, flax, eggs and peanut butter: about 4 g fibre and 6 g protein a slice. The optional chocolate chips add about 2.5 g sugar a slice.

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Ingredients

11 · MAKES 12 × 1 SLICE (1/12 LOAF)

- [ ] 4 **very ripe bananas**, mashed
- [ ] 3 **eggs**
- [ ] ⅓ cup **natural peanut butter** (or almond, cashew or seed butter)
- [ ] ¼ cup **coconut oil**, melted
- [ ] ½ cup **coconut flour**
- [ ] ¼ cup **flax meal**
- [ ] 2 tsp **baking powder**
- [ ] 1 tsp **ground cinnamon**
- [ ] ½ tsp **sea salt**
- [ ] ⅓ cup **walnuts**, chopped (optional)
- [ ] ⅓ cup **chocolate chips** (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Peanut, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Mash the ripe bananas in a large bowl with a potato masher or fork. 0:46
2. Add the eggs and whisk them into the bananas with a fork. 0:56
3. Add the peanut butter and melted coconut oil and stir until smooth. 1:08
4. Add the coconut flour, flax meal, baking powder, cinnamon and salt on top and fold in until there are no dry pockets. 1:44
5. Gently fold in the walnuts and chocolate chips, keeping a few back for the top (or leave them out). 2:31
6. Line a 9 × 5 inch loaf pan with baking paper, fill with the batter, smooth the top and sprinkle with the saved add-ins. Bake about 50 minutes. 2:45
7. Let it cool in the pan until almost cold, then turn it out and cut into 12 slices. 3:05

> **Tip** Use almond or cashew butter for a paleo loaf, or tahini or sunflower seed butter if nuts are an issue. Keeps 1–2 days at room temperature, then about 5 days in the fridge.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/12 loaf), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
214 kcal	5.9 g	18 g	4.2 g	15 g	210 mg
890 kJ	12% of a day	14 g net · 8.7 g sugars	15% of a day	6.6 g saturated	9% of a day
		7% of a day		19% of a day	

Energy from net carbs 26% · protein 11% · fat 63%

High in (20%+ of a day) Omega-3 54%

Source of (10–19%) Vitamin B6 14% · Selenium 12% · Magnesium 11%

Recipe and video: Leelalicious (@Leelalicious) on YouTube — youtube.com/watch?v=QFSypHhVCpw, published 22 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/coconut-flour-banana-bread-no-added-sugar