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Almond Flour Banana Bread

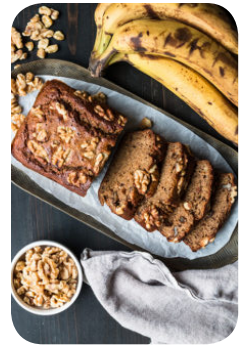
YMCA of Northern
Rock County

Looking for a healthier version of banana bread? This one is a winner!

Servings: 10

Ingredients:

- 1 slightly overfilled cup mashed ripe bananas (about 2 large bananas)
- 1/4 cup softened/slightly melted salted butter
- 1/4 cup smooth almond butter
- 1 tsp. vanilla extract
- 3/4 cup fine almond flour
- 1/4 cup + 2 tbsp. granulated monk fruit sweetener (or coconut sugar or Swerve)
- 1/4 cup tapioca starch
- 1 tbsp. coconut flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 3 large eggs
- 1/2 cup walnut pieces (optional)



Directions:

- Step 1 - Preheat your oven to 350 degrees F. Mash bananas in a large bowl. Add butter, almond butter, and vanilla and mix together thoroughly.
- Step 2 - Add almond flour, sweetener, tapioca starch, coconut flour, baking soda, and baking powder and mix together. Add eggs and mix until well combined. Fold in optional chopped walnuts.
- Step 3 - Line a 9"x5" loaf pan with parchment paper.
- Step 4 - Bake 45 minutes or until bread is golden on top and feels fairly firm to the touch. Allow the bread to cool before slicing.

Nutritional Information:

- Calories: 178g
- Fat: 12.6g
- Carbs: 11.3g
- Protein: 5.2g



This recipe is provided to you by Y
Personal Trainer, Kelly Jones

Recipe courtesy of:

<https://www.marksdailyapple.com/almond-flour-banana-bread-recipe-grain-free/>