



Best Banana Bread

YES! I have finally perfected the best, healthy banana bread. This banana bread is a great lunch box filler, with a good ratio of protein, fibre, good fat and carbs. The use of lupin flour adds a great healthy protein kick, fibre and way less carbs. Winner!! The kids will love it, and so will you! And it is gluten free.

INGREDIENTS

2 large ripe bananas
5 medjool dates, pitted
2 eggs
1 cup of milk of choice (I like almond)
1/4 cup maple syrup
1/4 cup coconut oil
1 cup lupin flour
1 cup tapioca flour
2tsp of baking powder (gluten free)
1/2 tsp cream of tartar
1 tsp of cinnamon

NOTES

Tip: supercharge this recipe with the following – chopped nuts of choice, dark chocolate chips (my kids favourite), 2 tbs diatomaceous earth.

DIRECTIONS

Combine the flours, baking powder, cream of tartar and cinnamon together in a bowl and whisk (I use a hand whisk- works well to aerate and combine).

In a blender or thermomix, whizz the bananas to a cream, then add the eggs, milk, oil and maple syrup. Whizz together until fully mixed and fluffy. Add the flour mixture and combine. Pour into a loaf tin and bake in moderate oven for 35-40 mins.