

Banana Bread

INGREDIENTS:

- 4 bananas, yellow (they do not need to be overly ripe but you can if you want)
- 4 eggs
- ½ cup almond butter (or any nut butter)
- 4 T grass-fed butter, melted (can substitute coconut oil)
- ½ cup coconut flour
- 1 T cinnamon
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. vanilla
- Pinch of sea salt

PROCESS:

- Preheat your oven to 350° F
- Combine your bananas, eggs, nut butter, and grass-fed butter in a mixing bowl and mix well.
- Once all of your ingredients are blended, add in the coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt. Mix well.
- Grease a 9 x 5 glass loaf pan with a fat of your choice. If you use a metal pan it will probably bake in 45 minutes.
- Pour in your batter and spread it evenly throughout.
- Place in your preheated oven and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean.
- Remove from oven and flip your bread out onto a cooling rack.
- Slice and serve.

ENJOY!

From: civilizedcavemancooking.com

MITCH SHOOKS

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