



## *Nut free banana bread*

*(makes 11x 21 cm loaf)*

### Equipment:

Blender (good & powerful one)

A large bowl, 11 x 21 cm loaf pan

Baking sheet

### Ingredients:

1 small plantain banana– peeled with knife & cut roughly

2 large ripe bananas

¼ cup coconut flour

¼ cup tapioca flour

¼ teaspoon baking powder

¼ teaspoon bicarb soda

½ teaspoon cinnamon

1 teaspoon apple cider vinegar

3 eggs

¼ cup coconut oil -melted



### Direction

- 1) Preheat oven to 180 degrees. Line the loaf pan with a baking sheet.
- 2) Mix all dry ingredients in a large bowl.
- 3) Mash both bananas in a blender until it gets creamy. Add to 2). (You don't need to mix it yet.)
- 4) Beat eggs with apple cider vinegar in a blender for 15 seconds.
- 5) Add egg and oil to 3) and mix well.
- 6) Pour the batter in prepared loaf pan and bake it for 40 minutes or until its surface gets light brown.
- 7) Cool down before slicing. You can keep them in a freezer for several weeks. Toasting it lightly is good, too.

