

# HEALTHY BANANA BREAD

The reason this Healthy Banana Bread recipe is so good is because it's so versatile. I originally called it 'Dairy Free Sugar Free Banana Bread' but in all honesty, it can be gluten free too, very easily. Or you can use butter instead of the coconut oil if that's your preference.

That's the beauty of it. It doesn't seem to matter what substitutes I make for the flour, the fats or the sweetener, it always tastes really, really good.

## INGREDIENTS

4 small/medium very ripe bananas  
¼ cup honey (or maple syrup or rice malt syrup)  
½ cup coconut oil, melted and set aside  
3 eggs  
1 teaspoon natural vanilla extract  
1 ¼ cups wholemeal plain flour (or gluten free flour)  
2 teaspoons baking powder  
½ teaspoon bicarbonate of soda  
½ teaspoon salt (I like to use pink Himalayan but any salt will do)

## METHOD

Set your oven to 170 degrees C and grease and line your loaf tin (one that's about 12cm x 20cm).

Mash your bananas in a small bowl with a fork. Mix the honey with the melted coconut oil in another bowl (I used my stand mixer) then add in the eggs one at a time, beating after each egg.

Add the mashed banana and vanilla and mix again. Then sift the flour, baking powder, bicarb of soda and salt into the bowl and mix again.

Pour the mixture into the loaf tin and bake for around an hour, until a skewer comes out clean and your home is full of that delicious banana bread smell.

Let it cool for as long as you can bear haha, then slice and enjoy whichever way you please.



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