

Healthy Banana Bread

Lucy Hutchings RD

Ingredients:

- 3 bananas (about 1 ½ cups) mashed
- 3 eggs
- 1 tablespoon vanilla extract
- 1 tablespoon honey
- ¼ cup olive oil
- 2 cups almond flour (or meal)
- ½ teaspoon sea salt
- 1 teaspoon baking soda
- ¼ cup Enjoy Life chocolate chips (optional)

Directions

1. Place bananas, eggs, vanilla, honey and olive oil in a food processor
2. Pulse ingredients together.
3. Pulse in almond flour, salt and baking soda.
4. Scoop batter into a greased loaf pan.
5. Bake at 350° for 55-65 minutes – until toothpick comes out clean.
6. Remove from oven and allow to cool.

These can also be made into muffins! Just shorten cooking time to about 25 minutes.

Adapted from <http://www.elanaspantry.com>