

RECIPE OF THE WEEK: PALEO EDITION

Banana Bread

Ingredients:

2 cups almond flour
¼ cup flaxseed meal
2 tsp cinnamon
1 tsp baking soda
1 tsp baking powder
2/3 cup chopped nuts (one option is pecans)
4 really ripe bananas (mashed well)
2 tbsp local honey
4 eggs
1 tsp vanilla extract

Instructions:

1. Preheat oven to 375 degrees F
2. Sift the dry ingredients together in a large bowl
3. In separate bowl, add the mashed bananas, eggs, honey, and vanilla and mix well.
4. Make a well in the dry ingredients and pour in the wet ingredients. Stir Until Combined. Normally with bread or muffin recipes, you don't want to overmix, but since there's no gluten here, mix to heart's content. The muffins won't get gummy or icky.
5. Fill greased muffin tins, baking cups, or loaf pan ¾ full.
6. Bake muffins 23-25 mins. Bake loaf 40-50 mins.

Compliments of Sabrina Katz

