Flourless banana bread (gluten free)

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Looking for delicious, gluten-free banana bread recipes? Try this one from celeb chef Dan Churchill.

Ingredients (makes approx 8 slices)

- 3 [bananas](#)
- 3 eggs, separated
- 2 tbsp [honey](#) or agave
- 2 tsp ground cinnamon
- 1 tsp [chia](#) seeds
- 1 tsp allspice
- 1 cup sifted almond meal
- ¼ cup walnuts, crushed

Method
Halve a banana lengthways and set one aside. Thinly slice the remaining two bananas, then mash them with the back of a fork. You don't want it to be completely smooth but definitely well mashed.

Whisk the egg yolks with the honey 'til nice and smooth. Add the mashed banana, cinnamon, chia seeds and allspice and combine.

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Using an electric mixer, whisk the egg whites until they reach soft peaks then add a third of the yolk mix and, using a plastic spatula, carefully fold the mixtures together ensuring not to release too much air. Once combined, add another third of the yolk mix and repeat folding action before adding the final third.

Add the almond meal and carefully fold through.

Line a bread baking dish with baking paper and pour the mix in.

Evenly distribute the walnuts and, using a butter knife, push them deep into the tray.

Carefully put the half banana slice, cut side up, across the top of the mix and sprinkle over extra chia seeds if you have them.

Cook for 18 to 22 minutes, or until it is golden brown and a skewer comes out clean.

Recipe and images from *The Healthy Cook* by Dan Churchill

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