

## Gluten free, seeded banana bread

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Who doesn't love banana bread? Especially when it's gluten-free and packed with wholesome ingredients like chia, honey and coconut.

### Ingredients

- 3 [over-ripe bananas](#), smashed (approx 300 g)
- 3 free-range eggs
- ¼ cup coconut oil
- 1 tsp vanilla essence or 1 vanilla bean, scraped
- 1 tbsp organic [maple syrup](#)
- 2 tbsp [raw honey](#) or rice malt syrup
- ½ tsp cinnamon
- ½ tsp bicarb soda activated in ½ tsp lemon juice
- 1 ½ cups almond meal
- ½ cup coconut flour
- ¼ cup [chia seeds](#)
- Pecans/walnuts/almonds, to garnish

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### Method

Preheat oven to 160°C. Place the banana, eggs, coconut oil, vanilla, maple syrup, honey, cinnamon and bi-carb in a bowl and mix until well combined. Add remaining ingredients and whisk until mixture resembles a cake batter consistency. Pour into a well-greased loaf pan, coat the bottom of the pan with dessicated coconut to prevent the mixture sticking. Top with desired seeds, nuts or even an extra banana sliced in half long ways to garnish.

Bake for around 45 to 55 minutes. (Note: Almond meal tends to burn at a higher rate than other flours, so if the top is nice and brown and the cake still needs cooking time, place some foil or baking paper over the top to prevent it from burning and place back in the oven.) Serve with your favourite flavour combinations – we love cottage cheese, banana, almond butter and honey.

Recipe and images from [A Conscious Collection](#) by Brooke Meridith

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