

Ashley's Meal Prep Monday!



Paleo Banana Bread



INGREDIENTS

3-4 small/med overripe
bananas mashed well
4 eggs, room temp
2 TSP vanilla
1/4 cup coconut oil melted
and cooled to room temp
1 3/4 cups almond flour
1/2 cup tapioca flour
1 TSP baking soda
1/2 TSP baking powder
1 TSP cinnamon
1/4 TSP salt



Whisk together all dry ingredients and set aside. Preheat oven to 350 and line a loaf pan with parchment paper.

In a large bowl, whisk together eggs and banana, then vanilla and coconut oil until combined.

Slowly stir in the dry mixture into the wet just until moistened. Transfer batter to loaf pan and bake for 50 minutes until deep golden brown and a toothpick comes out clean. Allow to cool completely before removing from pan and enjoy!

RECIPE: PALEORUNNINGMOMMA.COM

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