

## **Banana Bread ~ Adapted from The Detoxinista's Banana Snack Cake Recipe**

**Why I make this:** I have turned this recipe into muffins, I've changed up the nut butters to mix things up a bit, but when I am craving good old banana bread, there is nothing like this recipe to satisfy that craving! Using all natural ingredients and no added sugar means that I am sticking to my goals of eating well while also satisfying my taste buds. Win-win! Oh, and this is also kid-approved! 😊

### **Ingredients:**

3 large ripe bananas, mashed  
1 cup unsalted almond butter  
3 large eggs  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
1 teaspoon vanilla extract (optional) I often omit it.  
1 teaspoon ground cinnamon  
1-2 squares dark chocolate (optional)

Butter or coconut oil, for greasing the pan or, if using a non-stick pan, cut a rectangle of parchment and place in the bottom, to prevent the loaf from sticking..

### **Directions:**

Preheat the oven to 350F and generously grease a loaf pan with coconut oil.

In a large bowl, use a fork to mash the bananas as smoothly as possible, though it's okay if there are still a few clumps. Add in the almond butter, eggs, baking soda, salt, vanilla (if using), and cinnamon and stir well, creating a runny cake-like batter. Pour into loaf pan. If using chocolate, break into small pieces and dot the top. Bake for 30-35 minutes and allow to cool on a wire rack before flipping loaf over to serve. You may want to use a butter knife around the edges to ensure no part of the loaf sticks to the sides of the pan.

Enjoy!