

Chocolate Chip Banana Bread

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup coconut flour
- 1/2 cup brown rice flour*
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 bananas mashed**
- 1/4 cup real maple syrup***
- 1/3 cup melted coconut oil or extra-virgin olive oil
- 4 eggs, whisked
- 1/2 cup semi-sweet chocolate chips
- Topping: Sliced bananas, shredded coconut or chopped walnuts

Instructions:

1. Preheat oven to 350°F (180°C). Grease a standard size loaf pan well or line with parchment paper.
2. Combine the coconut flour, brown rice flour, baking powder, baking soda, cinnamon and nutmeg in a large bowl and mix together.
3. In a separate bowl combine the bananas, oil, maple syrup and eggs together. (Make sure the melted coconut oil isn't too hot otherwise it will cook the egg when you combine everything.)
4. Add the banana mixture to the flour mixture and combine well. Fold in chocolate chips.
5. Pour the mixture into loaf pan. Sprinkle with coconut and decorate with banana slices. Bake for 50-60 minutes until a fork inserted comes out clean. You may want to cover the bread the last 10 minutes with some tin foil to prevent it from burning.
6. Refrigerate for up to 5 days or freeze for up to 3 months.

Notes:

*You can sub any other flour for the brown rice flour, except more coconut flour because then you have to change the liquid ingredients since coconut flour absorbs so much moisture. **Can't eat bananas? You could sub 1/2 cup applesauce instead. ***You can omit the maple syrup, but add a non-dairy or water for liquid in place of the 1/4 cup syrup.