

## Healthy Banana Bread

**Prep:** 50 minutes

**Servings:** 12

### Ingredients

- 1 cup Hemp Seeds
- 1/2 cup Coconut Flour
- 1/2 cup Oat Flour
- 1 tsp Baking Soda
- 1 tsp Baking Powder
- 1/4 cup Maple Syrup
- 1 tsp Coconut Oil (avocado oil)
- 3 Eggs (whisked)
- 2 Banana (mashed)
- 1/2 tsp Sea Salt



### Directions

1. Preheat oven to 350°F (177°C).
2. Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
3. Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing.

### Notes:

Make it portable - this recipe can easily be made into muffins by baking in a muffin tin instead of a loaf pan.

Chocolate flavor - add 2/3 cup of Dark Chocolate Chips.

## Nutritional Information

Amount per serving		
Calories	170	9%
Fat	9g	14%
Carbs	16g	5%
Fiber	3g	11%
Sugar	7g	0%
Protein	8g	16%
Cholesterol	47mg	16%
Sodium	273mg	12%
Vitamin A	82IU	2%
Vitamin C	2mg	2%
Calcium	49mg	4%
Iron	2mg	14%



Healthy Flair  
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