



REALIZE CBD BANANA BREAD

PREP TIME: 20 MINUTES
COOK TIME: 50 MINUTES
SERVES: 8 SLICES, 20 MG

INGREDIENTS

..... DRY

- 1-1/2 cup oat flour (rolled oats in a food processor, a coffee grinder or blender would work in a pinch)
- 2 scoops protein powder
- 4 teaspoons Realize CBD
- 1/2 teaspoon sea salt
- 2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon pumpkin pie spice (I used a pinch of nutmeg and ground cloves)

..... WET

- 3 mashed bananas (very ripe)
- 3 eggs
- 1/2 cup sugar
- 1/3 cup melted coconut oil, ghee or butter
- 1/2 Greek yogurt (vanilla or plain)
- 1 teaspoon vanilla

DIRECTIONS

1. Preheat oven to 375°, coat a 9 x 5 baking pan with oil
2. In one bowl, whisk together DRY ingredients
3. In a larger bowl, mash the bananas and add all other WET ingredients
4. Combine DRY to WET until thoroughly mixed
5. Pour mixture into loaf pan

OPTIONAL: Add brown sugar and chopped walnuts to the top about 20 minutes into baking

6. Bake for 45 to 50 minutes until center is cooked, allowed to cool for 10 minutes before slicing into 8 pieces. ENJOY!



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