

Gluten Free Banana Bread

By Meghan Oricchio

Refined sugar-free, this wholesome recipe is packed with all the goodness of a classic banana bread, without any of the gluten.

Yield: 1 loaf

Prep Time: 15 min

Bake Time: 50 min

Ingredients:

- 3/4 cups (1 1/2 sticks) butter, room temperature (180g)
- 3 eggs, lightly beaten
- 7 teaspoons honey (50 grams)
- 4 teaspoons coconut oil, melted (20 grams)
- 2 1/2 teaspoons vanilla extract (10 grams)
- 3 ripe bananas, mashed
- 4 cups Caputo Gluten Free Flour (500 grams)
- 2 1/2 teaspoons baking powder (10 grams)
- 1 1/4 teaspoons salt, fine (6 grams)
- 1 cup (200 g) turbinado sugar

Optional

- 1 cup chocolate chips (85 grams)
- 1 cup chopped walnuts (or any nut of your choice)



Instructions:

1. Preheat the oven to 350F and grease a 9x5 loaf pan.
2. In a large bowl, combine all the wet ingredients: butter, eggs, honey, coconut oil, vanilla, and mashed bananas, and make a paste.
3. Once you have a paste, add the Caputo Gluten Free Flour and mix.
4. Once the flour has been mixed in, add the baking powder, salt, and sugar.
5. Continue mixing until all the ingredients are combined (if you are using mix-ins, add these now).
6. Bake at 350F for roughly 50 minutes. Check to see if it is fully cooked by inserting a toothpick into the center and making sure it comes out clean.