



**The Gathered Green**  
ABN: 60 149 134 643  
P: 0409 841 048  
jane@thegatheredgreen.com.au

## ORANGE BANANA CHOCOLATE COCONUT BREAD

Thank you to biohackersrecipe.com for this recipe and picture.

### Ingredients

- 2 tablespoons coconut flour
- 2 tablespoons shredded coconut
- 1 large orange
- 2 squares (60 grams) of 70 % dark chocolate
- 2 bananas
- 4 tablespoons coconut oil
- 1 or 2 tablespoons raw honey
- ¼ teaspoon baking soda
- 3 eggs





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## Method

Preheat oven to 220 degrees Celsius (200 degrees Celsius fan forced).

In a bowl squeeze the orange.

Add sliced bananas and honey to orange juice and mash up with a fork.

Add all other ingredients except eggs and mix well.

Beat the eggs, add to mixture and mix through.

Pour mixture into a lined baking tray. A larger, flatter tray will shorten cooking time and ensure mixture cooks through.

Cut the 2 squares of chocolate into 4 and place inside the mix (evenly spaced) and partially cover.

Bake for 25 to 30 minutes.

Mix a teaspoon each of butter and honey, and brush over the bread after baking, while it is still hot in the tray.

Remove the bread from the baking tray and let cool before serving.

Enjoy!

Jane

