

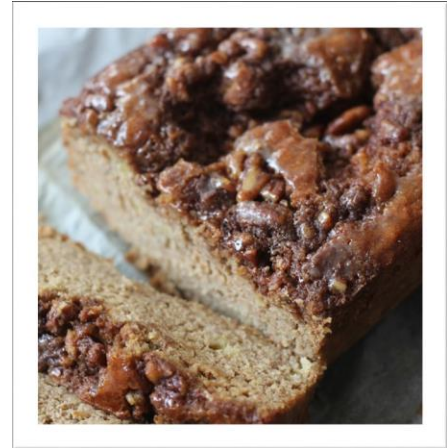


“Coffee Cake Banana Bread”

Recipe and photo credit to PaleOMG.com
(<http://paleomg.com/coffee-cake-banana-bread/>)

Cake:

- 3 brown bananas, mashed
- ¼ cup maple syrup
- 1 teaspoon vanilla extract
- 3 eggs
- ½ cup almond butter (or other nut/seed butter)
- ¼ cup coconut flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon cinnamon
- pinch of salt



Topping:

- 1 cup crushed pecans
- 1/3 of a Lily's chocolate bar, crushed

Directions:

1. Preheat oven to 350 degrees. Grease an 8.5×4.5 baking pan with oil then line the middle with parchment paper. It will make it easier to remove from the pan without it coming apart.
2. In a large bowl, mix together bananas, maple syrup, vanilla extract, eggs, and almond butter.
3. Then add coconut flour, baking soda, baking powder, cinnamon and salt and mix well.
4. Pour batter into baking dish. Place on a baking sheet.
5. In a small bowl, mix together the crushed pecans and the Lily's chocolate bar.
6. Liberally spread the topping mixture all over the top of the banana bread mixture.
7. Place in oven to bake for 50 minutes.
8. Remove from oven, place on cooling rack and let rest for 5-10 minutes before cutting and serving.