



# Grandma's Banana Bread

(The Gluten Free Version)

## PREP TIME

- Prep | 15 m
- Ready in | 1.5 hours
- Cook | 1 hour
- Makes | 1 loaf

## INGREDIENTS

- 3 Bananas
- 2 Tbsp. Honey - local preferred
- 2 Eggs
- 1/2 Cup Butter - melted
- 1 tsp. Vanilla
- 1 1/2 Cups Oat Flour - gluten free
- 1/2 Cup Tapioca Starch/Flour
- 1/2 tsp. Salt
- 1 tsp. Ground Cinnamon
- 1/2 tsp. Ground Nutmeg
- 1 tsp. Baking Soda
- 1 Tbsp. Apple Cider Vinegar

## TIPS & NOTES

- I like to use organic ingredients & organically fed, free range eggs when possible
- To check that the bread is done - the toothpick test tells you to remove it from the oven! Once a toothpick comes out clean (no crumbs or goo attached) your bread is done!
- If bread is taking longer, I like check every 3-5 min or so when close. Thankfully, as there is less sugar in the recipe, you are less likely to burn this loaf if cooked a little too long. :)

## INSTRUCTIONS

- 01** Preheat oven to 300°F
- 02** In a large bowl, mash bananas with honey until it starts to liquify.
- 03** Add eggs and Vanilla and mix well
- 04** Slowly add melted butter while mixing (so as not to cook the eggs!)
- 05** In a separate bowl combine oat flour, tapioca starch, baking soda, salt, cinnamon, nutmeg, and psyllium husk powder.
- 06** Add dry ingredients to wet mixture slowly, stilling until combined evenly.
- 07** Remove cookies from the oven and transfer to a cooling rack. Lastly, add Apple Cider Vinegar right before popping this bread in the oven. (This helps to activate the Baking soda and create a fluffier bread – but the reaction happens quickly)
- 08** Pour into a greased and floured 9"x 5" bread pan to bake (I use oat flour for this step)
- 09** Bake at 300°F for 60-75 min (depending on your oven/altitude) – your nose (and a toothpick! see tips & notes) will tell you when it is done!
- 10** Let loaf cool for at least 15 minutes before slicing.