

Gluten-Free Hawaiian Banana Bread

Prep: 10 min Cook: 50 min Total: 1 hr Servings: 8

Calories: 162 Fat: 5g Protein: 6g Carbs: 25g Fiber: 5g

Ingredients

- 2 very ripe bananas
- 1/2 cup canned crushed pineapple, drained
- 3/4 cup BBF Organic Coconut Flour
- 5 large eggs
- 1/2 cup coconut sugar
- 1 tsp cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp fine sea salt
- 1 tsp vanilla extract

Directions

1. Preheat the oven to 350oF and line a 9x5-inch loaf pan with parchment paper.
2. In a large bowl, mash the bananas using a hand mixer. Add the eggs and coconut sugar, then whisk until the mixture is light and creamy.
3. Add the crushed pineapple, coconut flour, cinnamon, baking soda, baking powder, salt, and vanilla. Whisk until all ingredients are fully combined and a soft batter forms.
4. Pour the batter into the prepared loaf pan and bake for 45 to 55 minutes, or until the center has risen, developed small cracks, and feels firm to the touch. You can also insert a toothpick into the center; it should come out clean when the loaf is done.
5. Let the loaf cool completely before slicing and serving.
6. Storage Tip:Because this loaf is quite moist, store it in an airtight container in the refrigerator for optimal freshness. It should keep for at least one week when properly stored.
7. Enjoy your Gluten-Free Hawaiian Banana Bread!