

Paleo Banana Bread

Ingredients:

- 4 bananas, yellow (they don't not need to be overly ripe but your choice!)
- 4 eggs
- 1/2 cup almond butter (or any nut butter, i.e. macadamia, pecan, etc)
- 4 tablespoons grass-fed butter, melted (can substitute coconut oil)
- 1/2 cup coconut flour
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- pinch of sea salt

Directions:

- Preheat your oven to 350 degrees Fahrenheit
- Combine your bananas, eggs, and nut butter, and grass-fed butter in a Blendtec blender/food processor/mixing bowl and mix well (if using a mixing bowl you need a good hand-mixer)
- Once all of your ingredients are blended, add in your coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well
- Grease a 9x5 glass loaf pan with a fat of your choice (I used grass-fed butter). If you use a metal pan it will probably bake in 45 minutes
- Pour in your batter and spread it evenly throughout
- Place in your preheated oven and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean
- Remove from oven and flip your bread out onto a cooling rack
- Slice and serve