

# Yummy Banana Bread

## By Elissa Lorenzen



### Ingredients:

1/2 cup rice flour  
1/2 cup tapioca flour  
2 tsp baking powder  
1/4 tsp sea salt  
1 tsp cinnamon  
1/4 tsp fresh ground nutmeg  
1 packet (teaspoon) stevia  
1/4 cup carob chips  
1/4 cup thinly sliced almonds  
2 bananas mashed  
1 tablespoon coconut oil  
1 egg

### Directions:

Preheat the oven to 350 degrees. In a bowl mix all the dry ingredients. Mash the bananas in a separate bowl. In a small bowl, beat together egg and coconut oil, then add to the bananas. Add the banana mix to the dry mix and stir until mixed well. In a greased loaf pan place the mix in and bake for 30 minutes. It is not too sweet, so for more sweetness drizzle with honey when sliced. I like it both ways! Enjoy!

Bananas are high in B6 and a good source of potassium. This recipe is gluten-free, so it is great for all those who are sensitive to wheat.