



## Paleo Banana Bake

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### Ingredients

- 4 ripe banana's
- 4 free range eggs
- ½ cup coconut flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon

### What to do

- Preheat oven to 180 degrees celsius
- Mash banana's
- Whisk eggs and mix well into fruit
- Sift dry ingredients into wet mixture and stir well
- Line or grease desired baking tin, spread mixture evenly inside
- Bake for 20 – 30 minutes until a skewer comes out clean and it's golden brown

Note: This recipe is so very versatile. You can add other fruits, nuts, coconut, cacao etc. Be as experimental and creative as you like with it.

You can bake as muffins, a loaf, or a cake. If you choose to bake as muffins, it will cook faster so cut down your baking time.

If you wish to up the goodness a little you can add ½ cup almond meal and ¼ cup coconut oil to the mixture.

A favourite at The Goodness Kitchen is this base recipe topped with blueberries and walnuts and baked as a cake. Delicious!

As I explained, this recipe also makes a great savoury option by swapping out the banana for 2 cups grated pumpkin or carrot and ¼ cup coconut oil. Omit the cinnamon and add salt, pepper and any other herb/spice you wish.