



Banana Bread

½ cup raw walnuts

1 1/3 cup flour (I use either GF or Sprouted Wheat from Shiloh Farms)

1 TBS corn starch (or arrowroot)

1 TBS sucanant

1 tsp cinnamon

2 tsp baking soda

2-3 ripe bananas

¼ cup unsweetened applesauce

¼ cup agave nectar

2 TBS flaxseed mixed with 4 TBS water (or 2 eggs)

2 tsp vanilla

Preheat oven to 325 degrees. Lightly spray a 9 x 5” loaf pan. In a small food processor, grind the walnuts until powdery, but before it turns into a paste. Place ground walnuts in a large bowl. Add flour, cornstarch, and baking soda. Stir well.

In a separate bowl, or stand mixer, whisk together flaxseed and water (or gently beat eggs, if using). Add bananas, applesauce, agave nectar, and vanilla. Mix with hand or stand mixer until the bananas are fully mashed and the mixture is well combined.

Pour banana mixture into dry ingredients and stir gently to mix. Pour into loaf pan, cover loosely with foil and bake for 45- 50 minutes. Cool on wire rack.