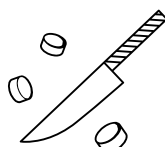


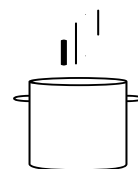


Healthy Coconut Banana Bread

This high protein, banana bread from Tracey Mc'Cartney is absolutely jam packed with nutrients and is a perfect snack for the whole family. Made from all natural sugars this delicious banana bread is also gluten and dairy free.



10



55



12

Ingredients

3 ripe bananas

5 medium eggs

4 pitted dates, mashed

2 tsps. vanilla extract

60 ml The Groovy Food Company Organic Virgin Coconut Oil

½ tsps. ground cinnamon

2 tsps. baking powder

70g The Groovy Food Company Organic Coconut Flour

2 tbsps. chia seeds

Directions

1. Preheat oven to 160c and line a loaf tin with baking paper.
2. Mix all ingredients in a food processor or mixer.
3. Insert mix into loaf tin.
4. Cook for approx 50-55mins or until skewer comes out clean and the top is golden brown.