



Banana Bread

makes one loaf

- 2 tablespoons turbinado sugar
- 1/2 cup chopped walnuts
- 1/2 cup golden raisins
- 2 tablespoons flax seed
- 1 cup mashed banana
- 3/4 cup coconut oil
- 1/2 cup maple syrup
- 2 large eggs
- 1/2 cup light muscovado
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/3 cup potato starch
- 1/3 cup brown rice flour

Preheat oven to 350°. Grease a 9"x9" or loaf pan.

In a medium bowl, sift dry ingredients together.

In a separate, larger bowl, beat eggs until light and fluffy. Gradually add sugar and beat well. Add in maple syrup, then oil, mixing well.

Add flour mixture alternately with the banana to egg mixture, stirring to incorporate well. Mix in flax, fruit and nuts.

Pour batter into pan. Sprinkle top with turbinado sugar. Bake for 45 minutes or until an inserted toothpick comes out clean.