

BANANA CHIA SEED LOAF

BANANA CHIA SEED CAKE

Serves 4

- 2 cups almond flour
- ¼ cup tapioca flour (1 tablespoon of rice flour = 2 tablespoons of instant tapioca flour)
- ¼ cup flaxseed meal
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon chia seeds
- 1 cup bananas, mashed
- 2 eggs, room temperature
- 2 teaspoons vanilla extract
- ½ cup coconut milk
- ⅓ cup honey
- 4 tablespoons coconut oil



Preparation Instructions:

1. In a large bowl mix the almond flour, tapioca flour, flaxseed meal, baking soda, salt and chia seeds.
2. In a separate bowl, cream together coconut oil (not melted) and honey with a hand mixer.
3. Add in eggs one at a time and continue mixing.
4. Add in mashed banana, vanilla extract and coconut milk, mix until fully incorporated. .
5. Pour wet ingredients in with dry ingredients and mix together with hand mixer to form batter.
6. Line an 8×8-inch baking pan with parchment paper, covering two sides. Leave extra long so you have a handle to pull cake out.
7. Pour the mixture evenly in the pan.
8. Bake at 180°C for 30 minutes or until a toothpick inserted into the center comes out clean.
9. Set the pan on a wire rack when removing it from the oven and allow it to cool.