



ADVANCE BIOMEDICAL TREATMENT CENTER

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Comfy Belly Banana Bread (Gluten-free, dairy-free, starch-free, Paleo and SCD compliant)

Ingredients:

- 3 ripe, peeled bananas (300 gm , or about 1 ½ cups mashed)
- 3 large eggs
- 2 tbsp honey or maple syrup or coconut sugar
- 1 tbsp vanilla extract
- ¾ tsp baking soda
- ½ tsp salt
- ¼ cup plus 2 tbsp (39 gm) coconut flour

Directions:

1. Preheat oven to 350 degrees F (180 degrees C)
2. Prepare a baking loaf pan with parchment paper bottom and sides or grease generously.
3. Mash the bananas using a mixer or by hand in a large bowl. Mix until completely mashed and smooth.
4. Add the eggs, maple syrup, and vanilla to the mashed bananas and blend well.
5. Add the baking soda, salt, and coconut flour to the wet batter and blend well.
6. Let the batter sit for 5 minutes or so to give the coconut flour time to absorb the liquids.
7. Pour the batter into the baking pan and bake for 50 minutes or until the top begins to brown and a toothpick inserted in the center of the bread comes out clean.

Makes one loaf.

For variations using nut flour instead of coconut flour, see Comfy belly website for more recipes.