

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Banana Bread

### Ingredients

*2 mashed ripe bananas*

*3 free range eggs*

*2 tbs of honey*

*1 tsp of vanilla*

*¼ cup of olive oil*

*½ tsp of ground cinnamon*

*½ tsp of baking soda*

*1 tbs of lemon juice*

*2 cups of almond meal*

*1 cup of desiccated coconut*

*¼ cup of ground flaxseed*

### Method

This is delicious with some full fat Greek yoghurt or toasted, spread with butter xoxo

1. Preheat oven to 160 degrees C.
2. Combine the banana, honey, oil, cinnamon, vanilla, eggs, baking soda and lemon juice in a food processor or equivalent.
3. Add the almond mix, coconut and flaxseed and mix well.
4. Line a loaf tin with baking paper and pour in the mixture.
5. Place another banana, spilt on the top (optional)
6. Bake for 45min- 1 hour



**Preparation Time:** 5 minutes

**Cooking Time:** 45-60 minutes

**Source:** The Healthy Chef

**Makes 1 loaf**

For more recipes and information on living the low carbohydrate lifestyle find us at:

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