

Super Delicious Banana Bread (gluten-free and no added sugar!)
A sweet treat that nourishes Lungs, Blood and Yin

Among Eastern food medicine practitioners, bananas are one of the most controversial foods. Some say to avoid them, while others advise to eat them daily. Because so many Americans tend towards “excess heat” with symptoms like red, itchy skin, pimples, mouth sores, or hemorrhoids eating bananas can be beneficial. This recipe is particularly good for people who crave sweets, but are trying to cut back on their sugar. This sweet and moist banana bread is free of any added refined sugar. It uses only the natural sweetness of bananas and blueberries to make it taste so good!

I’ve adapted this recipe to include both ground flaxseed meal, which is loaded with fiber, protein and micronutrients. The almond flour helps nourish Lungs and can be beneficial for people with persistent, dry coughs, especially at night. I use frozen organic blueberries to add sweetness and the antioxidant powers of this amazing berry.

I love that there is no added sugar in this recipe, which makes it a sweet treat you can actually enjoy regularly!



Ingredients:

- 5 Medium bananas (ripe), peeled and cut into large chunk
- 2 eggs
- 2 tbsp avocado or olive oil
- 1 teaspoon vanilla extract
- 1 cup frozen blueberries
- 1 ½ cups Almond Flour (superfine is recommended)
- ½ cup Ground Flaxseed Meal
- ¼ cup Tapioca Flour (also known as cassava flour)
- ½ teaspoon sea salt
- 1 teaspoon baking soda

Serving size: 9

Preparation time: 10 mins

Baking time: 50 mins for bread, 35-45 mins for large muffins

Preparation:

1. Pre-heat oven to 350 degrees
2. Put chopped bananas, eggs, oil, and vanilla in large bowl, then mix and mash with whisk until it's blended (there will still be some banana chunks)
3. Add in almond flour, flaxseed meal, tapioca, sea salt, and baking soda and stir with spatula until well-combined
4. Add in blueberries and stir again
5. If you're making muffins, line muffin tin with cupcake paper, pour enough batter to fill each muffin round, put into oven for 35-45 mins or until medium brown and crust is firm
6. If you're baking in a bread pan, line it with parchment paper for easy clean-up. Pour batter into pan and bake for 50 mins or until medium brown and crust is firm