



Carrot Banana Bread (paleo)

INGREDIENTS

2 cups almond flour

2 tablespoons coconut flour

¼ cup flax meal

1 teaspoon baking soda

¼ teaspoon salt

1 teaspoon cinnamon

4 eggs

2 very ripe bananas

3 tablespoons coconut oil

½ cup grated carrots

1 tablespoon vanilla

1 tablespoon apple cider vinegar

Optional: 2 tablespoons maple syrup or honey for a sweeter bread

I've been topping this bread with fresh figs for a decadent and delicious super healthy treat. I love it because it's packed with protein, fiber, **and** omega 3s - perfect for an on-the-go breakfast, a snack or a pre- or post-workout boost. The banana and carrots give it some sweetness with no added sugar. Sometimes I add a scoop of collagen or **Nuzest** protein powder in with the dry ingredients for an extra boost of protein.

Instructions:

1. Preheat oven to 350 degrees and spray a loaf pan with coconut oil.
2. Blend almond flour, coconut flour, flax meal, baking soda, salt and cinnamon in a food processor for 30 seconds.
3. Add eggs, bananas, coconut oil, grated carrots, vanilla, apple cider vinegar, and optional maple syrup or honey to the food processor, and blend until creamy, about 90 seconds.
4. Transfer the batter to the greased loaf pan and bake for 30 minutes, rotating the pan halfway through. Test with a toothpick to be sure it's done. If it needs more time, add 5 minutes.