

Gluten Free Banana Bread

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Scrumptious!

Makes 2 loaves

4 cups raw almonds

8 T coconut oil (preferably Green Pasture's)

8 bananas (the more ripe, the sweeter the bread)

10 eggs

2 teaspoons baking soda

$\frac{1}{2}$ teaspoon salt (preferably Celtic salt)

2 teaspoons vanilla

$\frac{1}{2}$ cup coconut flour this is not necessary, but adds protein.

1 cup raisins or other dried fruit, such as apricots, cherries, prunes, sultanas, etc.

The almonds: The most nutritious method of making this bread is to soak and then dehydrate the almonds so that they are more easily digested. If you chose to follow this method, place the almonds in a large bowl, cover with an extra inch of water and set on the counter for 12-24 hours. The following day, strain the water and arrange the nuts on a few cookie sheets one layer in depth and allow to dehydrate in a 120 degree oven for 24-48 hours. They're done when crispy inside.

Put all the ingredients in a food processor and grind.

Pour the batter into bread pans and place in a 350 degree oven for 50-60 minutes.

Slather with cream cheese or butter...maybe both!