# Gluten Free Bread

(Similar to traditional banana bread)

This recipe allows for almond flour purchased from a health food/gourmet store or for a more nutritious and alive product follow instructions below for *soaked almonds.

2 cups almond flour

3 organic bananas; store frozen bananas kept for just such an occasion

5 free range eggs

3-4 T organic coconut oil

1t vanilla; I make my own. Check forthcoming blog for recipe

1t almond oil extract (optional)

1 t baking soda

¼ t Celtic or other whole salt

¼ to ½ cup organic raisins or other organic dried fruit

½ cup unsweetened dried coconut

¼ cup coconut flour (this is not necessary but adds to the rise and nutrition)

Grind the dried fruit in the food processor until it can be ground no further and add the remaining ingredients. If too wet, add a bit more coconut or almond flour, being mindful that if blended too long, the batter will yield a more dense bread. So, easy on the blending.

Butter a glass baking or bread dish, pour in the batter and bake for 50+ minutes, at 340 degrees. Check for completion with a toothpick. Allow to cool a bit before serving.

Lovely with raw butter as an accompaniment to stew. Even though a bit crumbly for sandwiches; it’s still good.

*Soaked Almonds: Place 2 cups of nuts in a bowl and cover with enough water to cover 2 inches above the almonds. Set out on the counter for 12-24 hours. The next day, drain thoroughly and assemble the almonds on a cookie sheet or 2 to dry in a 100-120 degree oven for 24+ hours or until they’re thoroughly dry. Try to distribute them one layer only.

When thoroughly dehydrated, the almonds should be very crispy. If not, return them to the oven. In a food processor, grind the almonds to a light flour. If the consistency is more like a meal than flour, you didn’t dry them long enough. Use them anyway; it will taste fine, but won’t yield a bread.

This is a variation on a recipe given to me by my client and friend, Theresa Lasaca